

# LEESBURG LEISURE

Leesburg's Parks & Recreation Guide

SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER • 2016



Aquatics | Fitness | Wellness | Recreation Classes | Sports | Tennis | Arts & Crafts | Camps | Special Events





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Cover: Potomac Crossing Park

# fall edition

SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER



**File Your  
Flight Plan**

**11:00AM - 4:00PM • SEPTEMBER 24th  
LEESBURG EXECUTIVE AIRPORT**

- Barrel Rolls
- Nose Dives
- Flying Formations
- Military, Civilian, and Experimental Aircraft
- Classic Cars
- Festival Food
- Inflatables
- Exhibitors
- Radio Controlled Plane Demonstrations

Shuttle Service All Day. Satellite Parking Only.

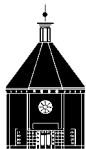
**SUGGESTED DONATION**

\$3.00 per person • \$5.00 per family

**[www.leesburgairshow.com](http://www.leesburgairshow.com) • 703-737-7125**

# Town of Leesburg Parks & Recreation

## DEPARTMENT



### TOWN COUNCIL

David S. Butler,  
Mayor

Kelly Burk,  
Vice-Mayor

Thomas S. Dunn, II

Suzanne Fox

R. Bruce Gemmill

Katie Sheldon Hammler

Fernando "Marty" Martinez

Kaj H. Dentler,  
Town Manager

### PARKS & RECREATION ADVISORY COMMISSION

Rob Fulcer, Chair

Laurie Burke, Vice Chair

David Drupa

Jan Joseph

Brody McCray

Russ Shaw

Clint Walker

Fernando "Marty" Martinez,  
Council Member

Commission meetings are held on the third Monday of each month, 7:00pm in the Ida Lee Park Recreation Center Conference Room, Leesburg, Virginia. The public is welcome.

### Parks and Recreation Staff

#### ADMINISTRATION

Rich Williams, AFO, *Director of Parks & Recreation*

Kate Trask, CPRP, *Deputy Director of Parks & Recreation*

Tabitha Eagle, *Administrative Associate*

David Evans, *Systems Technician*

#### PARKS

Doug Fulcher, *Parks Manager*

Jon Cleaves, *Lead Groundskeeper*

Travis Martin, *Lead Groundskeeper*

#### RECREATION

Katey Jackson, *Recreation Superintendent*

##### *Building Services*

Megan MacDonald, *Building Services Supervisor*

Troy Itnyre, *Maintenance Supervisor*

Mirsad Gusinac, *Asst. Maintenance Supervisor*

##### *Aquatics*

Brandon Ware, AFO, *Aquatics Manager*

Jodi Fisher, AFO, *Aquatics Supervisor*

Robin Cousins, AFO, *Asst. Aquatics Supervisor*

##### *Fitness and Programs*

Lisa Hamaker, CPRP, *Fitness and Programs Manager*

Pam Sullivan, *Fitness Supervisor*

Andrew Kim, *Sports & Fitness Supervisor*

Kemper Winstead, *Recreation Programs Supervisor*

#### EVENTS AND COMMUNITY OUTREACH

Linda Fountain, *Events and Outreach Manager*

Barb Smith, *Events Coordinator*

Tony Conway, *Outreach Programs Coordinator*

Maura Cashen, *Preschool Teacher*

#### TENNIS

Mark Elliott, *Head Tennis Professional*

Brian Ott, *Tennis Supervisor*

### Parks & Recreation

#### Administration:

50 Ida Lee Dr., N.W.

Leesburg, VA 20176

703-777-1262

FAX: 703-737-7148



#### Ida Lee Park Recreation Center:

60 Ida Lee Dr., N.W.

Leesburg, VA 20176

703-777-1368

FAX: 703-737-7165



#### Ida Lee Park Tennis Center:

70 Ida Lee Dr., N.W.

Leesburg, VA 20176

703-737-6068



#### AV Symington Aquatic Center:

80 Ida Lee Dr., N.W.

Leesburg, VA 20176

703-779-5390

## REGISTRATION DATES:

### Tuesday, July 26th

(8:00am) for Leesburg Residents and Annual Pass Holders.

Registration accepted by Fax, WebTrac, Mail-in, or Drop-off only.

### Tuesday, August 2nd

(8:00am) for Open Registration (Non-Leesburg Residents).

Registration accepted by Fax, WebTrac, Mail-in, or Drop-off only.

### Thursday, August 4th

for Walk-in, Webtrac, and Phone Registration. Open to all.

Registration may still be Faxed or Mailed.

Registration must be received at Ida Lee Park Recreation Center by 8:00am in order to be processed on that day. Any registration received after 8:00am will be processed the following day. For example, registration received at 9:00am on July 26th will not be processed until July 27th.

**WebTrac** online registration is available. Visit [www.idalee.org](http://www.idalee.org) or call 703-777-1368 for details.



Visit Us Online At: [www.idalee.org](http://www.idalee.org)  
Follow Us On Facebook At: [idaleepark](https://www.facebook.com/idaleepark)

Two Time National Gold Medal Award Winner



# PROGRAM REGISTRATION

**July 26th**  
**August 2nd**  
**Please Note**  
**August 4th**

**Leesburg Residents & Annual Pass Holders**  
**Open Registration (Non-Leesburg Residents)**  
*No Walk-in or Phone-in registration for above dates.*  
**Walk-in, WebTrac, and Phone-in**

**Check all that apply:**  
☐ Change of Address  
☐ New Household  
☐ Annual Pass Holder

## REGISTRATION ACCEPTED BY:

**Fax: 703-737-7165 • WebTrac [www.idalee.org](http://www.idalee.org) • Drop-off • Mail-in • 60 Ida Lee Drive, N.W., Leesburg, VA 20176**

Head of Household Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_

Cell Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

☐ Individual Modification is needed. Explain: \_\_\_\_\_

**Please indicate at least 3 choices.**

**Please note your session.**

| Participant Name<br>(Last, First) | Date of<br>Birth | Sex<br>M/F | First Choice<br>Class Code/Session | Class Name | Start Date | Listed<br>Fee | 2nd Choice<br>Code/Session | 3rd Choice<br>Code/Session |
|-----------------------------------|------------------|------------|------------------------------------|------------|------------|---------------|----------------------------|----------------------------|
| Example, Jill                     | 10/7/12          | F          | 2 0 1 1 0 1 a                      | Waddler    | 9/12       | \$68          | 2 0 1 1 0 1 a              | 2 0 1 1 0 2 a              |
|                                   |                  |            |                                    |            |            |               |                            |                            |
|                                   |                  |            |                                    |            |            |               |                            |                            |
|                                   |                  |            |                                    |            |            |               |                            |                            |
|                                   |                  |            |                                    |            |            |               |                            |                            |
|                                   |                  |            |                                    |            |            |               |                            |                            |
|                                   |                  |            |                                    |            |            |               |                            |                            |

## REGISTRATION METHODS:

1. You may mail in your registration any time, BUT it will be processed according to the dates and steps above.
2. A registration must be received by 8:00am to be processed on the first day of the appropriate registration date. Any registration received after 8:00am will be processed the next day.
3. To increase fairness, all Mail-in, Drop-off, and Fax registrations will be randomly drawn from each registration day.
4. Due to the volume of Mail-in, Drop-off, and Fax registrations, we will not be able to confirm by phone that we received your form.
5. A confirmation receipt listing your class enrollment or wait-list status will be sent via email. If no email address is on file, the receipt will be mailed.
6. FULL PAYMENT must be included with your registration form(s). Payment can be made by credit card (Visa, MasterCard, AMEX, or Discover) or a check.
7. Please send a separate check for EACH program for which you are registering for. If the check you send is greater than the program fee total, your registration will not be processed until separate checks are received.

|   |    |
|---|----|
| TOTAL LISTED FEE                          | \$ |
| Outstanding Household Credit (apply here) | —  |
| Senior Discount (select classes only)     | —  |
| TOTAL (PAY THIS AMOUNT)                   | \$ |

## PAYMENT METHODS:

- \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_
- Credit Card (VISA, Mastercard, Discover)
- \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_
- Credit Card (American Express)
- Exp. Date: \_\_\_\_\_
- Please make checks payable to *The Town of Leesburg*.

**Give us your e-mail address to receive exciting information about our facilities and programs.**

# Registration Reminders & General Information

**FEES:** Payment must accompany registration. A \$50 fee is charged for returned checks.

**AGE REQUIREMENT:** Participants must meet the age guidelines by the start of the program.

**SENIOR CITIZEN DISCOUNT:** Senior Citizens (60+) will receive a 50% discount on select classes and 20% off the adult daily admission to Ida Lee. No discounts on trips, wellness and fitness specialty classes, tennis classes, bridge classes/socials, or private lessons.

## REFUND POLICY:

### GENERAL:

Approved cancellation requests by patrons will be refunded by **credit card** or **check only**. No household credits will be issued. All check refunds will be mailed within three weeks after the request has been processed. Prorated values are calculated based on the remaining classes at the time that the request is received by the department. Additional details below.

### PROGRAM/LEAGUE/TRIP REFUND POLICY:

- For refund requests submitted less than 14 calendar days prior to the day the program begins, there is a 50% penalty (\$100 max) per program.
- No refunds will be given on or after the day of the first class or the flag football start date without a doctor's note.
- With a doctor's note, medical refunds are only granted if they require a full withdrawal from the remainder of the session. Refunds will be prorated from the last class prior to the injury/illness and before the mid-point of the program.
- Even with a doctor's note, there will be no refunds from the day of the mid-point of the program or after for any reason.
- No refunds will be issued for programs/sessions that have ended.
- No make-ups or refunds are given for missed classes.
- If a program or trip meets only one time, no refunds will be given. Full refunds will be issued if the program/trip is cancelled.

### CONTRACTED CLASS:

- Contracted classes may impose different refund standards for payments made directly to the provider.
- Payments to the Town of Leesburg for contracted classes follow the refund policies as stated above.
- Paid supply fees are non-refundable.

### CAMPS/ACADEMIES:

- The camp registration fee is non-refundable.
- To obtain a full refund, refund requests must be submitted 14 calendar days prior to the day camps begin. A refund requested less than 14 calendar days prior to the day camps begin, will incur a 50% penalty (\$100 max) per camp session. After the start of the session and prior to the mid-point, refunds will be prorated. There will be no refunds after the mid-point of the program for any reason.
- Full refunds will be issued if a camp program is cancelled. Field trips are non-refundable.
- With a doctor's note, medical refunds are only granted if they require a full withdrawal from the remainder of the session. Refunds will be prorated from the last class prior to the injury/illness and before the mid-point of the program.
- Even with a doctor's note, there will be no refunds from the day of the mid-point of the program or after for any reason.
- For academies, inclement weather refunds will not be given unless two or more days per session are cancelled.

### PASSES:

- For passes paid in full, refunds may vary based upon the date of refund request.
- No retro-dated refunds will be honored for any pass type.

### AUTOMATIC DEDUCTION PASSES:

- Cancellations will be permitted for medical reasons (accompanied with a doctor's note) and for patron's moving out of the area.
- A 30 day written notice is required.
- Cancellations prior to the initial 12 months will be charged a 25% cancellation penalty for the remaining value of the pass which will be billed to the credit card or bank card.

### BIRTHDAY PACKAGES & MULTIPURPOSE ROOM RENTAL:

Refunds will not be issued with less than 14 calendar days notice. Please contact the rental coordinator for the detailed refund policy.

### PERSONAL TRAINING SESSIONS, PRIVATE TENNIS LESSONS, OR PRIVATE SWIM LESSONS:

For refund details, please contact program area for specifics.

**FINANCIAL AID/SCHOLARSHIPS:** Only Leesburg residents qualify. Forms are available at the front desk of the Recreation Center or for more information, call 703-777-1368.

**WAITLIST:** If you have been placed on a waitlist for a class, you will not be charged to remain on the waitlist. If space becomes available, you will be notified by phone and given direction on how to pay for enrollment.

**RECEIPTS:** Receipts will be emailed unless you specifically ask to have one mailed.

**INCLEMENT WEATHER POLICY:** In the event of inclement weather, please call our information line at 703-737-7166 for class cancellations. If classes are cancelled due to inclement weather, attempts will be made to make up missed classes at the end of the session.

**CANCELLATIONS:** The Parks and Recreation Department reserves the right to cancel a class/special event due to insufficient enrollment. It requires a certain number of participants to justify offering a course and if that minimum is not reached, the course is cancelled. Classes are normally cancelled one week before each session begins. Please REGISTER EARLY!

**MODIFICATIONS:** The Town of Leesburg Parks and Recreation Department is committed to providing recreation for all persons. Advanced notice for program modifications is requested. If transportation assistance is needed, please call Virginia Regional Transit at 703-777-2708. If assistance is needed for the hearing impaired, please call us through the Virginia Relay Center at 1-800-828-1140.

**PHOTOGRAPHIC RELEASE:** By participating in programs and using our facilities, you are granting the Town of Leesburg and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

**WAIVER:** *Participants in programs and activities offered by Leesburg Parks and Recreation agree to indemnify and hold harmless the Town of Leesburg, its employees, and agents from and against any and all liability for any injury which may be suffered by the individual arising out of or in any way connected with participation in the activity(ies).*

**LOCATION:** *All classes will be held at Ida Lee Park Recreation Center unless otherwise noted in the class description.*



# Ida Lee Park

## RECREATION CENTER

HOURS • FEES & PASSES  
703-777-1368

### Admission Fees

|                             | Leesburg Resident | Non-Resident |
|-----------------------------|-------------------|--------------|
| <b>DAILY ADMISSION</b>      |                   |              |
| Adult                       | \$5.50            | \$7.50       |
| Youth (15 and under)        | \$4.00            | \$5.25       |
| Senior Citizen (60+)        | \$4.00            | \$5.25       |
| <b>25-ADMISSION COUPONS</b> |                   |              |
| Adult                       | \$121.00          | \$160.00     |
| Youth (15 and under)        | \$93.00           | \$123.00     |
| Senior Citizen (60+)        | \$93.00           | \$123.00     |

### PASSES

|                  |          |            |            |
|------------------|----------|------------|------------|
| Single Adult     | Annual   | \$429.00   | \$571.00   |
|                  | 6 Months | \$236.00   | \$314.00   |
|                  | 30 Days  | \$52.00    | \$69.00    |
| Two Adult        | Annual   | \$803.00   | \$1,070.00 |
|                  | 6 Months | \$434.00   | \$578.00   |
|                  | 30 Days  | \$ 92.00   | \$122.00   |
| Family Dependent | Annual   | \$124.00   | \$165.00   |
|                  | 6 Months | \$107.00   | \$142.00   |
|                  | 30 Days  | \$24.00    | \$32.00    |
| Single Dependent | Annual   | \$349.00   | \$465.00   |
|                  | 6 Months | \$191.00   | \$254.00   |
|                  | 30 Days  | \$41.00    | \$54.00    |
| Family           | Annual   | \$1,035.00 | \$1,379.00 |
|                  | 6 Months | \$565.00   | \$753.00   |
|                  | 30 Days  | \$115.00   | \$153.00   |
| Senior           | Annual   | \$349.00   | \$465.00   |
|                  | 6 Months | \$191.00   | \$254.00   |
|                  | 30 Days  | \$41.00    | \$54.00    |
| Senior Couple    | Annual   | \$620.00   | \$826.00   |
|                  | 6 Months | \$354.00   | \$472.00   |
|                  | 30 Days  | \$75.00    | \$100.00   |

### Facility Rental Fees

#### UPPER LEVEL RENTAL AREAS

|                                  | Hourly Rate |
|----------------------------------|-------------|
| Multipurpose Room                | \$60        |
| 1/2 MP Room                      | \$25 & \$35 |
| Arts and Crafts Room             | \$25        |
| Gym                              | \$115       |
| 1/2 Gym                          | \$65        |
| Pool Lane                        | \$18-\$24   |
| Whole Pool (staffing extra)      | \$125       |
| Auxiliary Pool (incl. one guard) | \$100       |

#### LOWER LEVEL MEETING ROOMS

| PRIVATE           | Hourly | Six Hours | Full Day      |
|-------------------|--------|-----------|---------------|
|                   |        |           | (10 hr. max.) |
| 1000 Sq. Ft.      | \$85   | \$345     | \$515         |
| 3000 Sq. Ft.      | \$200  | \$805     | \$1,200       |
| <b>NON-PROFIT</b> |        |           |               |
| 1000 Sq. Ft.      | \$60   | \$230     | \$345         |
| 3000 Sq. Ft.      | \$150  | \$575     | \$860         |

### Fall Recreation Center Hours

|                 |                  |
|-----------------|------------------|
| Monday - Friday | 5:00am - 10:00pm |
| Saturday        | 6:00am - 8:00pm  |
| Sunday          | 7:00am - 8:00pm  |

### POOL HOURS

#### MAIN POOL

##### Monday-Friday

5:00am - 9:30pm

##### Saturday

6:00am - 8:00pm  
(Pool closed 9:00am-12:00pm)

##### Sunday

7:00am - 6:00pm

#### AUXILIARY POOL

##### Monday & Wednesday

5:30am - 7:30am

7:30am - 8:30am (HP)

12:00pm - 3:00pm

7:00pm - 9:30pm

##### Tuesday & Thursday

5:30am - 8:50am (HP)

12:00pm - 3:00pm

7:00pm - 9:30pm

##### Friday

5:30am - 7:30am

7:30am - 8:30am (HP)

12:00pm - 9:30pm

##### Saturday

6:00am - 9:00am

12:00pm - 2:00pm (AD)

2:00pm - 8:00pm

##### Sunday

7:00am - 10:00am (AD)

10:00am - 8:00pm

HP - Half Pool  
AD - Adult Only

### AUTOMATIC DEDUCTION AVAILABLE

Visit [www.idalee.org](http://www.idalee.org) or  
call the Recreation Center at 703-777-1368.

Our mission is to provide high quality programs, parks, and facilities to meet the diverse needs of all citizens. Our staff is here to help make your visit as pleasant as possible. We strive to meet all your recreational needs in a clean and friendly environment. Please do not hesitate to contact us if we can be of service to you.



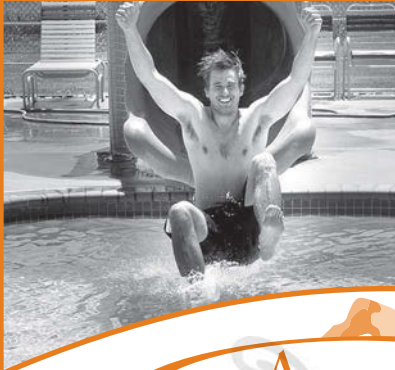


# end of summer

don't miss out on the fun



## END YOUR SUMMER WITH A SPLASH!



**OPEN UNTIL SEPTEMBER 5th**

Limited Hours for Town Residents and Non-Residents

**703-779-5390 • [www.avsac.org](http://www.avsac.org)**

### ADMISSION:

| Daily Fees          | Town Residents |                  | Non-Residents |                  |
|---------------------|----------------|------------------|---------------|------------------|
|                     | M-F            | Sat/Sun/Holidays | M-F           | Sat/Sun/Holidays |
| Two and Under       | Free           | Free             | Free          | Free             |
| Youth and Senior    | \$5.00         | \$6.00           | \$8.00        | \$ 9.00          |
| Adult               | \$6.00         | \$7.00           | \$9.00        | \$10.00          |
| After 5:00pm        | \$4.00         | \$4.00           | \$6.00        | \$ 6.00          |
| *Limited Pool Hours | \$4.00         | Regular Prices   | \$6.00        | Regular Prices   |

## ANNUAL DOG SWIM

Celebrate the end of the pool season with a dog swim at the AV Symington Aquatic Center. Pool will be open for dogs only to swim and play. Bring your own doggie dish for water. Dog handlers are limited to two dogs and must be 16 years or older. All dogs must be legally licensed and vaccinated and shall wear a visible dog license. Children ages 9 and under must stay in the snack area of the pool deck. Pre-registration recommended and payments will be accepted at the front gate. 1, 4-hour event.

| CODE    | DAY | TIME    | DATE | FEE |
|---------|-----|---------|------|-----|
| 210119a | SAT | 10:00am | 9/10 | \$5 |

### JULY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 31  |     |     |     |     |     |     |

### AUGUST

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

### SEPTEMBER

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  |     |     |     | 17  |
| 18  | 19  | 20  |     |     |     | 24  |
| 25  | 26  | 27  |     |     |     |     |

### KEY

|                |          |
|----------------|----------|
| Town Residents | 11am-8pm |
| Non-Residents  | 12pm-8pm |
| Town Residents | 11am-7pm |
| Non-Residents  | 12pm-7pm |
| OPEN           | 12pm-4pm |
| CLOSED         |          |

**9/10/2016  
DOG SWIM  
ONLY**



AVSAC Waterpark



AVSAC\_waterpark



AVSwimsIdaLee

AV SYMINGTON AQUATIC CENTER  
703-779-1368



# aquatics

classes • activities • programs

AQUATIC CLASSES  
703-777-1368

**Ida Lee Swimming Lessons:** Please read the descriptions of each class to register for the appropriate skill level. We recommend that you schedule a **free swimming assessment** if you are unsure of your child's ability level or if this is your first time taking classes at Ida Lee. Please call us at 703-777-1368 to schedule a free swim assessment. Each level is based on a skills progression and may need to be repeated until the student is comfortable enough to progress to the next level.

## Important Aquatic Program Information:

- During swim lessons, guardians may watch their children from the bleacher area or the vending area.
- Patrons accompanying students in aquatics programs must pay general admission fees to **use** the facility.
- No make-ups or refunds are given for missed lessons due to personal reasons.
- Participants may only register for one Learn-to-Swim class per session.
- Participants must be correct age by the start of class.
- **Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit - no disposable or cloth diapers.**
- Children under the age of 9 must be accompanied by an adult on the pool deck.

**\*No Learn-to-Swim classes on  
October 10th, November 7th, November 8th, and November 23rd-27th.**

## Parent & Baby Swim Classes

**(Ages 6 months-2 yrs)** Parents and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. **Prerequisite:** One adult is required to get in the pool with each child. Other children may not be unattended on the pool deck. **Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit - no disposable or cloth diapers.** No classes 11/7, 11/23-11/26. 4, 30-minute classes.

| CODE   | DAY | TIME    | SESSION A | SESSION B   | SESSION C   | SESSION D | FEE  |
|--------|-----|---------|-----------|-------------|-------------|-----------|------|
| 201000 | MON | 11:00am | 9/12-10/3 | 10/17-11/14 | 11/21-12/12 | N/A       | \$34 |
| 201001 | WED | 5:40pm  | 9/7-9/28  | 10/5-10/26  | 11/2-11/30  | N/A       | \$34 |
| 201002 | THU | 11:00am | 9/8-9/29  | 10/6-10/27  | 11/3-12/1   | N/A       | \$34 |
| 201003 | FRI | 10:20am | 9/9-9/30  | 10/7-10/28  | 11/4-12/2   | N/A       | \$34 |
| 201004 | SAT | 9:00am  | 9/10-10/1 | 10/8-10/29  | 11/5-12/3   | N/A       | \$34 |
| 201005 | SAT | 10:20am | 9/10-10/1 | 10/8-10/29  | 11/5-12/3   | N/A       | \$34 |

## Parent & Child Swim Classes

**(Ages 2-5)** Parents and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. **Prerequisite:** One adult is required to get in the pool with each child. Other children may not be unattended on the pool deck. **Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit - no disposable or cloth diapers.** No class 10/31 (evening classes 5:00pm-7:00pm only), 11/7, 11/25-11/27. 4, 30-minute classes.

| CODE   | DAY | TIME    | SESSION A | SESSION B   | SESSION C   | SESSION D | FEE  |
|--------|-----|---------|-----------|-------------|-------------|-----------|------|
| 201010 | MON | 5:40pm  | 9/12-10/3 | 10/17-11/21 | 11/28-12/19 | N/A       | \$34 |
| 201011 | TUE | 11:00am | 9/6-9/27  | 10/4-10/25  | 11/15-12/6  | N/A       | \$34 |
| 201012 | FRI | 11:00am | 9/9-9/30  | 10/7-10/28  | 11/4-12/2   | N/A       | \$34 |
| 201013 | SAT | 9:40am  | 9/10-10/1 | 10/8-10/29  | 11/5-12/3   | N/A       | \$34 |
| 201014 | SAT | 11:00am | 9/10-10/1 | 10/8-10/29  | 11/5-12/3   | N/A       | \$34 |
| 201015 | SUN | 10:00am | 9/11-10/2 | 10/9-10/30  | 11/6-12/4   | N/A       | \$34 |

**15% OFF Fall Pass Sale**

For Ida Lee Park Recreation Center • Valid: 9/15/16 - 10/15/16

**10% OFF SALE ON PERSONAL TRAINING**





## Tiny Tikes 2's Swim Classes

**(Age 2 Only)** This unique class introduces 2 year olds to group swimming lessons and teaches face submersion, blowing bubbles, breath control, floating on front and back (with support), arm and leg movements, and safety. Classes are limited to just 3 participants each. If you would like to request a space in this class, please register using the code listed below. You will receive a call in the order of your waitlist number to schedule a readiness assessment. We cannot guarantee a space. Classes are filled on a first-come, first-served basis. There is no cost to be on the waiting list. **Prerequisite:** Children must function well in a group setting without a parent and pass the readiness assessment. **No goggles permitted in this class. Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit – no disposable or cloth diapers.** No class 11/24. 4, 30-minute classes.

| CODE   | DAY | TIME   | SESSION A | SESSION B  | SESSION C  | SESSION D | FEE  |
|--------|-----|--------|-----------|------------|------------|-----------|------|
| 201030 | TUE | 9:00am | 9/6-9/27  | 10/4-10/25 | 11/15-12/6 | N/A       | \$36 |
| 201031 | TUE | 9:40am | 9/6-9/27  | 10/4-10/25 | 11/15-12/6 | N/A       | \$36 |
| 201032 | THU | 9:00am | 9/8-9/29  | 10/6-10/27 | 11/3-12/1  | N/A       | \$36 |
| 201033 | THU | 9:40am | 9/8-9/29  | 10/6-10/27 | 11/3-12/1  | N/A       | \$36 |

## Weekday Morning Group Classes

**(Ages 3-6)** Sign up for the days and times that are most convenient for you! Each child will be assessed on the first day of class and assigned a swim level – Waddler through Advanced Lap Swimmer. **Prerequisite:** Children must function well in a group class without a parent. **Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit – no disposable or cloth diapers.** No class 10/10, 11/8, 11/23, 11/24. 8, 30-minute classes/\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A | SESSION B  | SESSION C | SESSION D    | FEE        |
|--------|------|---------|-----------|------------|-----------|--------------|------------|
| 201040 | M/W  | 9:00am  | 9/7-10/3  | 10/5-11/2  | 11/9-12/7 | 12/12-12/21* | \$68/*\$34 |
| 201041 | M/W  | 9:40am  | 9/7-10/3  | 10/5-11/2  | 11/9-12/7 | 12/12-12/21* | \$68/*\$34 |
| 201042 | M/W  | 10:20am | 9/7-10/3  | 10/5-11/2  | 11/9-12/7 | 12/12-12/21* | \$68/*\$34 |
| 201043 | T/TH | 9:00am  | 9/6-9/29  | 10/4-10/27 | 11/3-12/6 | 12/13-12/22* | \$68/*\$34 |
| 201044 | T/TH | 9:40am  | 9/6-9/29  | 10/4-10/27 | 11/3-12/6 | 12/13-12/22* | \$68/*\$34 |
| 201045 | T/TH | 10:20am | 9/6-9/29  | 10/4-10/27 | 11/3-12/6 | 12/13-12/22* | \$68/*\$34 |

## Waddler

**(Ages 3-5)** The Waddler swim class teaches breath control, face submersion, floating on front and back (with flotation support), arm and leg movements, and safety. **Prerequisite:** Children must function well in a group class without a parent. **No goggles permitted in this class. Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit - no disposable or cloth diapers.** No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/7, 11/8, 11/23-11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C     | SESSION D     | FEE               |
|--------|------|---------|------------|------------|---------------|---------------|-------------------|
| 201100 | MON  | 11:00am | 9/12-11/14 | N/A        | 11/21-12/12** | N/A           | \$68/**\$34       |
| 201101 | M/W  | 2:00pm  | 9/7-10/3   | 10/5-11/2  | 11/9-12/7     | 12/12-12/21** | \$68/**\$34       |
| 201102 | M/W  | 5:00pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201103 | T/TH | 12:00pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201104 | T/TH | 12:40pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201105 | T/TH | 3:40pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201106 | T/TH | 5:40pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201107 | FRI  | 9:00am  | 9/9-10/28  | N/A        | 11/4-12/2**   | N/A           | \$68/**\$34       |
| 201108 | FRI  | 11:00am | 9/9-10/28  | N/A        | 11/4-12/2**   | N/A           | \$68/**\$34       |
| 201109 | FRI  | 12:00pm | 9/9-10/28  | N/A        | 11/4-12/2**   | N/A           | \$68/**\$34       |
| 201110 | SAT  | 9:00am  | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201111 | SAT  | 11:00am | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201112 | SUN  | 10:00am | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |
| 201113 | SUN  | 10:40am | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |

## Private Swim Lessons

**(Ages 4 & up)** A limited number of private swim lessons will be offered from September - December. If you would like to request a private swim lesson, please register using the code below. You will receive a call in the order of your waitlist number, although we are unable to guarantee a space. Lesson times and instructor availability is on a first-come, first-served basis. **Please note: There are no refunds or make-ups for missed private swim lessons. There is no cost to be on the waitlist. Payment is due when the lessons are scheduled. You will need to register each seasonal session to be on the waitlist.**

### CODE

203000a-Private Swim Lesson Request      5, 30-minute lessons

One Student - \$180

Three Students - \$240

Two Students - \$210

Four Students - \$270

## Floater

**(Ages 3-5)** The Floater swim class teaches breath control, face and head submersion, floating on front and back independently, swimming 5 yards on front and back (with flotation support), and safety. **Prerequisite:** Fully submerge face for 3 seconds and float on front and back (with flotation support). **No goggles permitted in this class. Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit - no disposable or cloth diapers.** No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/7, 11/8, 11/23-11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C     | SESSION D     | FEE               |
|--------|------|---------|------------|------------|---------------|---------------|-------------------|
| 201120 | MON  | 11:00am | 9/12-11/14 | N/A        | 11/21-12/12** | N/A           | \$68/**\$34       |
| 201121 | M/W  | 1:20pm  | 9/7-10/3   | 10/5-11/2  | 11/9-12/7     | 12/12-12/21** | \$68/**\$34       |
| 201122 | M/W  | 2:00pm  | 9/7-10/3   | 10/5-11/2  | 11/9-12/7     | 12/12-12/21** | \$68/**\$34       |
| 201123 | M/W  | 5:00pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201124 | M/W  | 5:40pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201125 | T/TH | 11:00am | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201126 | T/TH | 12:00pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201127 | T/TH | 12:40pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201128 | T/TH | 2:00pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201129 | T/TH | 5:00pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201130 | FRI  | 9:40am  | 9/9-10/28  | N/A        | 11/4-12/2**   | N/A           | \$68/**\$34       |
| 201131 | FRI  | 11:00am | 9/9-10/28  | N/A        | 11/4-12/2**   | N/A           | \$68/**\$34       |
| 201132 | FRI  | 12:00pm | 9/9-10/28  | N/A        | 11/4-12/2**   | N/A           | \$68/**\$34       |
| 201133 | FRI  | 12:40pm | 9/9-10/28  | N/A        | 11/4-12/2**   | N/A           | \$68/**\$34       |
| 201134 | SAT  | 9:00am  | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201135 | SAT  | 10:20am | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201136 | SUN  | 10:40am | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |

## Paddler

**(Ages 3-5)** The Paddler swim class teaches rhythmic breathing, gliding on front and back, rolling over, swimming 5 yards on front and back, sitting dive, swimming in deep water, and safety. **Prerequisite:** Fully submerge body for 5 seconds, float on front and back independently, and swim 5 yards on both front and back (with flotation support). **Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit - no disposable or cloth diapers.** No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/8, 11/23-11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C   | SESSION D     | FEE               |
|--------|------|---------|------------|------------|-------------|---------------|-------------------|
| 201140 | M/W  | 1:20pm  | 9/7-10/3   | 10/5-11/2  | 11/9-12/7   | 12/12-12/21** | \$68/**\$34       |
| 201141 | M/W  | 2:00pm  | 9/7-10/3   | 10/5-11/2  | 11/9-12/7   | 12/12-12/21** | \$68/**\$34       |
| 201142 | M/W  | 5:00pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7   | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201143 | M/W  | 5:40pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7   | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201144 | T/TH | 12:00pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6   | 12/13-12/22** | \$68/**\$34       |
| 201145 | T/TH | 1:20pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6   | 12/13-12/22** | \$68/**\$34       |
| 201146 | T/TH | 5:40pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6   | 12/13-12/22** | \$68/**\$34       |
| 201147 | FRI  | 9:00am  | 9/9-10/28  | N/A        | 1/4-12/2**  | N/A           | \$68/**\$34       |
| 201148 | FRI  | 10:20am | 9/9-10/28  | N/A        | 11/4-12/2** | N/A           | \$68/**\$34       |
| 201149 | FRI  | 12:40pm | 9/9-10/28  | N/A        | 11/4-12/2** | N/A           | \$68/**\$34       |
| 201150 | SAT  | 9:40am  | 9/10-10/29 | N/A        | 11/5-12/3** | N/A           | \$68/**\$34       |
| 201151 | SAT  | 11:00am | 9/10-10/29 | N/A        | 11/5-12/3** | N/A           | \$68/**\$34       |
| 201152 | SUN  | 10:00am | 9/11-10/30 | N/A        | 11/6-12/4** | N/A           | \$68/**\$34       |

## Swimmer

**(Ages 4-6)** The Swimmer class teaches rotary breathing, swimming 15 yards of front crawl and elementary backstroke, kneeling dive, treading water, and safety. **Prerequisite:** Float on front and back for 5 seconds in 4 feet of water, swim 5 yards on both front and back, and be comfortable in deep water. No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/8, 11/23-11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C   | SESSION D     | FEE               |
|--------|------|---------|------------|------------|-------------|---------------|-------------------|
| 201160 | M/W  | 3:40pm  | 9/7-10/3   | 10/5-11/2  | 11/9-12/7   | 12/12-12/21** | \$68/**\$34       |
| 201161 | M/W  | 5:40pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7   | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201162 | T/TH | 12:40pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6   | 12/13-12/22** | \$68/**\$34       |
| 201163 | T/TH | 1:20pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6   | 12/13-12/22** | \$68/**\$34       |
| 201164 | T/TH | 2:00pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6   | 12/13-12/22** | \$68/**\$34       |
| 201165 | T/TH | 5:00pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6   | 12/13-12/22** | \$68/**\$34       |
| 201166 | FRI  | 9:00am  | 9/9-10/28  | N/A        | 11/4-12/2** | N/A           | \$68/**\$34       |
| 201167 | SAT  | 9:40am  | 9/10-10/29 | N/A        | 11/5-12/3** | N/A           | \$68/**\$34       |
| 201168 | SAT  | 11:00am | 9/10-10/29 | N/A        | 11/5-12/3** | N/A           | \$68/**\$34       |
| 201169 | SUN  | 10:40am | 9/11-10/30 | N/A        | 11/6-12/4** | N/A           | \$68/**\$34       |



## Lap Swimmer

**(Ages 4-7)** The Lap Swimmer class teaches swimming 25 yards of front crawl and elementary backstroke, 15 yards of back crawl, breaststroke kick, standing dive, treading water, and safety. **Prerequisite:** Swim 15 yards each of front crawl (with some rotary breathing) and elementary backstroke. No class 10/10, 11/8, 11/23-11/27. 8, 30-minute classes/\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C  | SESSION D    | FEE        |
|--------|------|---------|------------|------------|------------|--------------|------------|
| 201180 | M/W  | 4:20pm  | 9/7-10/3   | 10/5-11/2  | 11/9-12/7  | 12/12-12/21* | \$68/*\$34 |
| 201181 | T/TH | 1:20pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6  | 12/13-12/22* | \$68/*\$34 |
| 201182 | T/TH | 6:20pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6  | 12/13-12/22* | \$68/*\$34 |
| 201183 | FRI  | 9:40am  | 9/9-10/28  | N/A        | 11/4-12/2* | N/A          | \$68/*\$34 |
| 201184 | SAT  | 9:00am  | 9/10-10/29 | N/A        | 11/5-12/3* | N/A          | \$68/*\$34 |
| 201185 | SUN  | 12:00pm | 9/11-10/30 | N/A        | 11/6-12/4* | N/A          | \$68/*\$34 |

## Advanced Lap Swimmer

**(Ages 4-7)** The Advanced Lap Swimmer class teaches swimming 25 yards of front crawl, elementary backstroke, and back crawl; 15 yards of breaststroke, sculling, surface dives, treading water, and safety. **Prerequisite:** Swim 25 yards each of front crawl (with rotary breathing) and elementary backstroke, and 15 yards of back crawl. No class 10/10, 11/8, 11/23, 11/24, 11/26. 8, 30-minute classes/\*4, 30-minute classes.

| CODE   | DAYS | TIME   | SESSION A  | SESSION B  | SESSION C  | SESSION D    | FEE        |
|--------|------|--------|------------|------------|------------|--------------|------------|
| 201190 | M/W  | 1:20pm | 9/7-10/3   | 10/5-11/2  | 11/9-12/7  | 12/12-12/21* | \$68/*\$34 |
| 201191 | T/TH | 2:00pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6  | 12/13-12/22* | \$68/*\$34 |
| 201192 | T/TH | 5:00pm | 9/6-9/29   | 10/4-10/27 | 11/3-12/6  | 12/13-12/22* | \$68/*\$34 |
| 201193 | SAT  | 9:40am | 9/10-10/29 | N/A        | 11/5-12/3* | N/A          | \$68/*\$34 |



## JOIN US IN THE POOL

### Diving Board & Rock Wall Hours

**Tuesday & Friday**  
7:00pm-8:30pm

**Saturday & Sunday**  
1:00pm-4:50pm



## Splish Splash Have Your Birthday Bash

at  
**Ida Lee Park Recreation Center!**

### PACKAGES INCLUDE:

- 1 1/2-Hour Room Rental • Pizza & Juice Boxes
- Balloons • Set-up and Clean-up
- Unlimited Swimming *(Adult Chaperones Swim for Free)*



Complete Birthday Party Packages Available **STARTING AT \$250**

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rentalcoordinator@leesburgva.gov or call 703-737-2371

# learn-to-swim classes

## Virginia Swims Advisory Group



### Swim Level 1

**(Ages 6-12)** The Swim Level 1 class teaches breath control, face submersion, floating on front and back (with support), swimming 5 feet on front and back (with support), and safety. **No goggles permitted in this class.**

**Prerequisite:** Students must function well in a group class without a parent. No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/7, 11/8, 11/23, 11/24, 11/26, 11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C     | SESSION D     | FEE               |
|--------|------|---------|------------|------------|---------------|---------------|-------------------|
| 201210 | MON  | 12:40pm | 9/12-11/14 | N/A        | 11/21-12/12** | N/A           | \$68/**\$34       |
| 201211 | WED  | 12:40pm | 9/7-10/26  | N/A        | 11/2-12/21*   | N/A           | \$68/*\$60        |
| 201212 | M/W  | 5:00pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201213 | T/TH | 5:40pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201214 | SAT  | 10:20am | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201215 | SUN  | 11:20am | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |

### Swim Level 2

**(Ages 6-12)** The Swim Level 2 class teaches breath control and head submersion, floating on front and back, gliding on front and back, rolling over, swimming 5 yards on front and back, and safety. **Prerequisite:** Fully submerge face for 3 seconds, float on front and back (with support), and swim 5 feet on both front and back (with support). No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/7, 11/8, 11/23, 11/24, 11/26, 11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C     | SESSION D     | FEE               |
|--------|------|---------|------------|------------|---------------|---------------|-------------------|
| 201220 | MON  | 12:00pm | 9/12-11/14 | N/A        | 11/21-12/12** | N/A           | \$68/**\$34       |
| 201221 | WED  | 12:00pm | 9/7-10/26  | N/A        | 11/2-12/21*   | N/A           | \$68/*\$60        |
| 201222 | M/W  | 6:20pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201223 | T/TH | 4:20pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201224 | T/TH | 7:00pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201225 | SAT  | 10:20am | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201226 | SAT  | 11:00am | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201227 | SUN  | 12:00pm | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |

### Swim Level 3

**(Ages 6-12)** The Swim Level 3 class teaches rotary breathing, swimming 15 yards of front crawl, elementary backstroke, and back crawl, jumping into deep water, treading water, and safety. **Prerequisite:** Float on front and back for 5 seconds and swim 5 yards on both front and back. No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/7, 11/8, 11/23, 11/24, 11/26, 11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C     | SESSION D     | FEE               |
|--------|------|---------|------------|------------|---------------|---------------|-------------------|
| 201230 | MON  | 12:40pm | 9/12-11/14 | N/A        | 11/21-12/12** | N/A           | \$68/**\$34       |
| 201231 | WED  | 12:40pm | 9/7-10/26  | N/A        | 11/2-12/21*   | N/A           | \$68/*\$60        |
| 201232 | M/W  | 6:20pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201233 | M/W  | 7:00pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201234 | T/TH | 6:20pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201235 | T/TH | 7:00pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201236 | SAT  | 9:00am  | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201237 | SAT  | 10:20am | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201238 | SUN  | 11:20am | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |

### Adaptive Aquatics

**(Ages 3-12)** Adaptive Aquatics is a flexible water activity for individuals with physical or cognitive disabilities. Emphasis is placed on developing swimming skills and basic movements to meet the needs of participants.

**Prerequisite:** A family member is required to assist in the water during Adaptive Aquatics classes. No class 11/26. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAY | AGES | TIME   | DATES      | FEE   | CODE    | DAY | AGES | TIME    | DATES      | FEE   |
|---------|-----|------|--------|------------|-------|---------|-----|------|---------|------------|-------|
| 201501a | SAT | 7-12 | 9:40am | 9/10-10/29 | \$80  | 201510a | SAT | 3-6  | 10:35am | 9/10-10/29 | \$80  |
| 201501c | SAT | 7-12 | 9:40am | 11/5-12/3  | \$40* | 201510c | SAT | 3-6  | 10:35am | 11/5-12/3  | \$40* |



## Swim Level 4

**(Ages 6-12)** The Swim Level 4 class teaches 25 yards of front crawl (with rotary breathing), elementary backstroke, and back crawl; 15 yards of breaststroke, standing dive, surface dives, treading water, and safety.

**Prerequisite:** Swim 15 yards each of front crawl, elementary backstroke, and back crawl. No class 10/10, 10/31 (evening classes 5:00pm-7:00pm only), 11/7, 11/8, 11/23, 11/24, 11/26, 11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C     | SESSION D     | FEE               |
|--------|------|---------|------------|------------|---------------|---------------|-------------------|
| 201240 | MON  | 12:00pm | 9/12-11/14 | N/A        | 11/21-12/12** | N/A           | \$68/**\$34       |
| 201241 | WED  | 12:00pm | 9/7-10/26  | N/A        | 11/2-12/21*   | N/A           | \$68/*\$60        |
| 201242 | M/W  | 6:20pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201243 | M/W  | 7:00pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201244 | T/TH | 6:20pm  | 9/6-9/29   | 10/4-10/27 | 11/3-12/6     | 12/13-12/22** | \$68/**\$34       |
| 201245 | SAT  | 9:40am  | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201246 | SAT  | 10:20am | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201247 | SUN  | 11:20am | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |

## Swim Level 5

**(Ages 6-12)** The Swim Level 5 class teaches 50 yards of front crawl (with bi-lateral breathing), elementary backstroke, and back crawl; 25 yards of breaststroke, 15 yards of butterfly, surface dives, open turns, treading water, and safety. **Prerequisite:** Swim 25 yards each of front crawl, elementary backstroke and back crawl in good form, and 15 yards of breaststroke. No class 10/10, 10/31 (evening classes 5:00pm-7:30pm only), 11/7, 11/23, 11/26, 11/27. 8, 30-minute classes/\*7, 30-minute classes/\*\*4, 30-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C     | SESSION D     | FEE               |
|--------|------|---------|------------|------------|---------------|---------------|-------------------|
| 201250 | MON  | 12:40pm | 9/12-11/14 | N/A        | 11/21-12/12** | N/A           | \$68/**\$34       |
| 201251 | WED  | 12:40pm | 9/7-10/26  | N/A        | 11/2-12/21*   | N/A           | \$68/*\$60        |
| 201252 | M/W  | 7:00pm  | 9/7-10/3   | 10/5-11/2* | 11/9-12/7     | 12/12-12/21** | \$68/*\$60/**\$34 |
| 201253 | SAT  | 9:00am  | 9/10-10/29 | N/A        | 11/5-12/3**   | N/A           | \$68/**\$34       |
| 201254 | SUN  | 12:00pm | 9/11-10/30 | N/A        | 11/6-12/4**   | N/A           | \$68/**\$34       |

## Swim Level 6

**(Ages 6-14)** The Swim Level 6 class teaches 100 yards of front crawl and back crawl, 50 yards of breaststroke, 25 yards of butterfly, and sidestroke. The class develops good fitness habits, introduces a wide range of aquatic activities to meet individual needs, and teaches safety skills. **Prerequisite:** Participants must have completed Level 5. No class 10/10, 10/31 (evening classes 5:00pm-7:30pm only), 11/23, 11/26. 8, 45-minute classes/\*7, 45-minute classes/\*\*4, 45-minute classes.

| CODE   | DAYS | TIME    | SESSION A  | SESSION B  | SESSION C   | SESSION D     | FEE               |
|--------|------|---------|------------|------------|-------------|---------------|-------------------|
| 201260 | M/W  | 7:00pm  | N/A        | 10/5-11/2* | 11/9-12/7   | 12/12-12/21** | \$80/*\$70/**\$40 |
| 201261 | SAT  | 11:00am | 9/10-10/29 | N/A        | 11/5-12/3** | N/A           | \$80/**\$40       |

## Springboard Diving

**(Ages 7-14)** Learn the major components of springboard diving (approach, take off, flight, and entry) and learn new dives. Introduced dives may include: forward dive, tuck and pike, back dive, and inwards. **Prerequisite:** Swim 25 yards in deep water and perform a standing front dive from the side of the pool. No class 11/24, 11/26. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 201800a | THU | 7:00pm  | 9/8-10/27  | \$80  |
| 201800c | THU | 7:00pm  | 11/3-12/1  | \$40* |
| 201802a | SAT | 11:30am | 9/10-10/29 | \$80  |
| 201802c | SAT | 11:30am | 11/5-12/3  | \$40* |

## Advanced Springboard Diving

**(Ages 7-14)** Learn new dives and flips while developing your technique on our one-meter springboard. **Prerequisite:** Must have completed Springboard Diving, can swim 25 yards in deep water, and perform a 3-step approach to a forward dive. No class 11/26. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 201801a | SAT | 12:15pm | 9/10-10/29 | \$80  |
| 201801c | SAT | 12:15pm | 11/5-12/3  | \$40* |

## Mid-Day Swim Team

**(Ages 7-14)** Swim team environment designed to fit the schedule of home school students. This class is designed for more experienced swimmers who are still developing competitive strokes. **Prerequisite:** Student must have completed Level 5 and must be able to swim 50 yards in good form. No class 10/10, 11/23. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAYS | TIME    | DATES       | FEE   |
|---------|------|---------|-------------|-------|
| 201420a | M/W  | 11:00am | 9/7-10/3    | \$80  |
| 201420b | M/W  | 11:00am | 10/5-11/2   | \$80  |
| 201420c | M/W  | 11:00am | 11/9-12/7   | \$80  |
| 201420d | M/W  | 11:00am | 12/12-12/21 | \$40* |

## Young Masters Swim Team

**(Ages 14-18)** This is a great conditioning class for experienced high school swimmers who want to participate in a group swim team setting while keeping up stroke techniques and endurance. Class coincides with the Masters Swim Class. Conducted in water that is maintained between 83-85 degrees. No class 10/31, 11/23.

| CODE    | DAYS | TIME        | DATES     | FEE  |
|---------|------|-------------|-----------|------|
| 201910a | M/W  | 7:30-8:30pm | September | \$50 |
| 201910b | M/W  | 7:30-8:30pm | October   | \$50 |
| 201910c | M/W  | 7:30-8:30pm | November  | \$50 |
| 201910d | M/W  | 7:30-8:30pm | December  | \$50 |

## Developmental Swim Team

**(Ages 7-10)** This class is designed to introduce younger and less proficient swimmers to a swim team environment. The competitive strokes (front crawl, back crawl, breaststroke, and butterfly) are taught in a low pressure, non-competitive environment. Swimmers will improve on stroke technique while learning the fundamentals of competitive swimming. **Prerequisite:** Student must have completed Level 4 or Advanced Lap Swimmer and swim 25 yard in good form. No class 10/10, 11/23. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAYS | TIME   | DATES       | FEE   |
|---------|------|--------|-------------|-------|
| 201430a | M/W  | 3:30pm | 9/7-10/3    | \$80  |
| 201430b | M/W  | 3:30pm | 10/5-11/2   | \$80  |
| 201430c | M/W  | 3:30pm | 11/9-12/7   | \$80  |
| 201430d | M/W  | 3:30pm | 12/12-12/21 | \$40* |

## Advanced Developmental Swim Team

**(Ages 8-14)** This class is designed for more experienced swimmers who are still developing competitive strokes. **Prerequisite:** Student must have completed Level 5 and must be able to swim 50 yards in good form. No class 10/10, 11/23, 11/26. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAYS | TIME    | DATES       | FEE   |
|---------|------|---------|-------------|-------|
| 201431a | M/W  | 4:30pm  | 9/7-10/3    | \$80  |
| 201431b | M/W  | 4:30pm  | 10/5-11/2   | \$80  |
| 201431c | M/W  | 4:30pm  | 11/9-12/7   | \$80  |
| 201431d | M/W  | 4:30pm  | 12/12-12/21 | \$40* |
| 201431e | SAT  | 10:15am | 9/10-10/29  | \$80  |
| 201431f | SAT  | 10:15am | 11/5-12/3   | \$40* |

## Off-Season Conditioning

**(Ages 11-18)** This is a great training and conditioning program for competitive swimmers who want to maintain their edge and perfect their strokes.

**Prerequisite:** Swimmers can swim the four competitive strokes. No class 10/10, 10/31, 11/23, 11/26. 8, 60-minute classes/\*7, 60-minute classes/\*\*4, 60-minute classes/\*\*28, 60-minute classes.

| CODE                    | DAYS | TIME   | DATES       | FEE      |
|-------------------------|------|--------|-------------|----------|
| 201440a                 | M/W  | 5:30pm | 9/7-10/3    | \$84     |
| 201440b                 | M/W  | 5:30pm | 10/5-11/2   | \$74*    |
| 201440c                 | M/W  | 5:30pm | 11/9-12/7   | \$84     |
| 201440d                 | M/W  | 5:30pm | 12/12-12/21 | \$42**   |
| 201440e                 | M/W  | 5:30pm | 9/7-12/21   | \$284*** |
| - all four M/W sessions |      |        |             |          |
| 201440f                 | SAT  | 9:00am | 9/10-10/29  | \$84     |
| 201440g                 | SAT  | 9:00am | 11/5-12/3   | \$42**   |

## Adult Beginner Swimming

**(Ages 13 & up)** Overcome your hesitation with water at a comfortable pace while learning basic elements of swimming. This class focuses on water adjustment, breath control, floating, gliding, and beginning to learn front crawl and back crawl. **Prerequisite:** A desire to learn. No class 11/8, 11/24, 11/26, 11/27. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAYS | TIME    | DATES      | FEE   |
|---------|------|---------|------------|-------|
| 201600a | T/TH | 7:00pm  | 9/6-9/29   | \$80  |
| 201600c | T/TH | 7:00pm  | 11/3-12/6  | \$80  |
| 201601a | SAT  | 8:00am  | 9/10-10/29 | \$80  |
| 201601c | SAT  | 8:00am  | 11/5-12/3  | \$40* |
| 201602a | SUN  | 11:15am | 9/11-10/30 | \$80  |
| 201602c | SUN  | 11:15am | 11/6-12/4  | \$40* |

## Adult Advanced Beginner Swimming

**(Ages 13 & up)** Now that you are comfortable in the water and have learned some basic skills, build on your knowledge while learning new skills. Skills include front crawl, back crawl, rotary breathing, breaststroke kick, deep water adjustment, and treading water.

**Prerequisite:** Must be comfortable in water and swim 5 yards on front and back. No class 11/26. 8, 45-minute classes/\*4, 45-minute classes.

| CODE    | DAYS | TIME   | DATES       | FEE   |
|---------|------|--------|-------------|-------|
| 201610b | T/TH | 7:00pm | 10/4-10/27  | \$80  |
| 201610d | T/TH | 7:00pm | 12/13-12/22 | \$40* |
| 201611a | SAT  | 8:00am | 9/10-10/29  | \$80  |
| 201611c | SAT  | 8:00am | 11/5-12/3   | \$40* |

## Adult Intermediate Swimming

**(Ages 13 & up)** Improve your stroke technique and learn new strokes! Develop your technique with front and back crawl to swim longer distances. Also, learn breaststroke, elementary backstroke, and sidestroke. This class is mostly taught in deep water. **Prerequisite:** Comfort in deep water and swim 10-15 yards of front and back crawl. 8, 45-minute classes.

| CODE    | DAYS | TIME   | DATES    | FEE  |
|---------|------|--------|----------|------|
| 201612a | M/W  | 7:00pm | 9/7-10/3 | \$80 |

## Adult Stroke Refinement/Conditioning

**(Ages 16 & up)** Become a stronger and faster swimmer by learning how to improve your stroke, breathing, and turns for more efficiency. Build your endurance by doing drills to become a stronger distance swimmer.

**Prerequisite:** Swim 50 yards of any stroke in good form. No class 11/8, 11/24, 11/27. 8, 60-minute classes/\*4, 60-minute classes.

| CODE    | DAYS | TIME    | DATES       | FEE   |
|---------|------|---------|-------------|-------|
| 201750a | T/TH | 7:00am  | 9/6-9/29    | \$84  |
| 201750b | T/TH | 7:00am  | 10/4-10/27  | \$84  |
| 201750c | T/TH | 7:00am  | 11/3-12/6   | \$84  |
| 201750d | T/TH | 7:00am  | 12/13-12/22 | \$42* |
| 201750e | SUN  | 10:00am | 9/11-10/30  | \$84  |
| 201750f | SUN  | 10:00am | 11/6-12/4   | \$42* |

## Masters Swim

**(Ages 16 & up)** This is a great conditioning class for experienced swimmers or anyone wanting to participate in a group swim team atmosphere. Perfect your strokes, meet new people, and feel better. Conducted in water that is maintained between 83-85 degrees. No class 10/31, 11/24.

| CODE    | DAYS   | TIME         | DATES     | FEE  |
|---------|--------|--------------|-----------|------|
| 201900a | T/TH/F | 5:30-7:00am  | September | \$75 |
| 201900b | M/W/F  | 12:00-1:00pm |           | \$60 |
| 201900c | M/W    | 7:30-8:30pm  |           | \$50 |
| 201901a | T/TH/F | 5:30-7:00am  | October   | \$75 |
| 201901b | M/W/F  | 12:00-1:00pm |           | \$60 |
| 201901c | M/W    | 7:30-8:30pm  |           | \$50 |
| 201902a | T/TH/F | 5:30-7:00am  | November  | \$75 |
| 201902b | M/W/F  | 12:00-1:00pm |           | \$60 |
| 201902c | M/W    | 7:30-8:30pm  |           | \$50 |
| 201903a | T/TH/F | 5:30-7:00am  | December  | \$75 |
| 201903b | M/W/F  | 12:00-1:00pm |           | \$60 |
| 201903c | M/W    | 7:30-8:30pm  |           | \$50 |



# safety academy

hands-on activities • emergency skills



## Babysitter's Training

**(Ages 11-15)** The American Red Cross Babysitter's Training Course will teach young people the skills and confidence needed to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to interview for a babysitting job, make responsible decisions, and keep the children they babysit and themselves safe. Skills taught include: rescue breathing, first aid for choking, first aid for bleeding, and basic care (diapering, holding, feeding, and dressing) for infants and young children. Upon successful completion of the course, participants will receive an American Red Cross Babysitter's Training certificate. Participants are encouraged to bring a packed lunch. **Participant manual will be included.** 1, 7-hour class.

| CODE    | DAY | TIME          | DATE  | FEE  |
|---------|-----|---------------|-------|------|
| 204918a | SAT | 9:00am-4:00pm | 9/17  | \$75 |
| 204918b | SAT | 9:00am-4:00pm | 11/12 | \$75 |
| 204918c | SUN | 1:00pm-8:00pm | 9/25  | \$75 |
| 204918d | SUN | 1:00pm-8:00pm | 10/23 | \$75 |
| 204918e | SUN | 1:00pm-8:00pm | 11/20 | \$75 |

## American Heart Association Heartsaver First Aid Class

**(Ages 11 & up)** Participants are taught the necessary skills to provide care in an emergency, help sustain life, and minimize the consequences of injury or sudden illness until professional medical help arrives. The American Heart Association Heartsaver First Aid certification is valid for two years. **This course does not include CPR. Participant manual will be included.** 1, 3-hour class.

| CODE    | DAY | TIME          | DATE | FEE  |
|---------|-----|---------------|------|------|
| 204913a | TUE | 5:30pm-8:30pm | 9/20 | \$65 |
| 204913b | TUE | 5:30pm-8:30pm | 10/4 | \$65 |
| 204913c | THU | 5:30pm-8:30pm | 11/3 | \$65 |
| 204913d | THU | 5:30pm-8:30pm | 12/8 | \$65 |

## American Heart Association Heartsaver CPR/AED Class

**(Ages 11 & up)** Participants are taught the skills needed to recognize emergency situations, and to care for life-threatening respiratory or cardiac emergencies. Adult, Child, and Infant CPR with an AED is taught. The American Heart Association Heartsaver CPR/AED Course certification is valid for two years. **Participant manual will be included.** 1, 4-hour class.

| CODE    | DAY | TIME          | DATE  | FEE  |
|---------|-----|---------------|-------|------|
| 204921a | THU | 5:30pm-9:30pm | 9/15  | \$90 |
| 204921b | TUE | 5:30pm-9:30pm | 10/18 | \$90 |
| 204921c | THU | 5:30pm-9:30pm | 11/17 | \$90 |
| 204921d | TUE | 5:30pm-9:30pm | 12/6  | \$90 |

## Lifeguard Training

**(Ages 15 & up)** Participants of the American Red Cross Lifeguarding Training course are taught the skills and knowledge to prevent, recognize, and respond to emergencies in and around the water. Upon successful completion of the course, participants will be certified in Lifeguard Training/CPR/AED and First Aid which is valid for 2 years. Participants are encouraged to bring a packed lunch. **Participant manual and a pocket mask will be provided. Attendance is mandatory at all sessions. Prerequisite:** Participant must be 15 years old on or before the LAST day of class and pass a pre-course skills session, on first day of class. **Pre-course session includes:** a 300 yard continuous swim, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick, 100 yards of breaststroke using a pull, breathe, kick and glide sequence, and 100 yards of front crawl or breaststroke or a combination of both. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object on the back, and exit the water without using a ladder or steps within 1 minute, 40 seconds. Plus, tread water for 2 minutes using only the legs. 5, 9-hour classes.

| CODE    | DAYS    | TIME          | DATES       | FEE   |
|---------|---------|---------------|-------------|-------|
| 204810a | MON-FRI | 9:00am-6:00pm | 12/26-12/30 | \$250 |

## Safety Academy Refund Policy:

NO REFUNDS TO PARTICIPANTS AFTER THE FIRST DAY OF CLASS.

## UNLIMITED CHILD CARE PASSES

Ida Lee Park Recreation Center offers an even more affordable child care pass option!

### INSTALLMENT BILLING:

\$15.00\* per month - First Child

\$10.00\* per month - Each Additional Child

*\*Requires automatic billing, two months minimum*

### 30 DAYS ONLY CHILD CARE PASS:

\$20.00 per month - First Child

\$15.00 per month - Each Additional Child

For more information please stop by the front desk or call 703-777-1368

SAFETY ACADEMY CLASSES  
703-777-1368

# aquatic fitness

## aqua fitness passes:

Eager to try one of our aqua fitness classes but not sure where to begin? TRY A DROP-IN PASS! Passes can be purchased at the front desk and must be used within 90 days of purchase. No refunds will be issued for unused passes and the number of pass holders in the class may be limited by class size. Please contact the front desk at 703-777-1368 for more details.

• Multiple Drop-in Pass: \$200 for 20 visits

• Daily Drop-in Pass: \$11 per class

### Absolute Abs

**(Ages 16 & up)** Target your core in this warm water class that focuses on training the abdominal and lower back muscles. By using the legs in multi-dimensional movement patterns, you will develop a stronger midsection to stabilize your torso and improve your balance and posture. No class 11/23, 11/25. 14, 30-minute classes.

| CODE    | DAYS  | TIME   | DATES       | FEE  |
|---------|-------|--------|-------------|------|
| 202700a | M/W/F | 8:30am | 9/7-10/7    | \$70 |
| 202700b | M/W/F | 8:30am | 10/10-11/9  | \$70 |
| 202700c | M/W/F | 8:30am | 11/11-12/16 | \$70 |

### Introduction to Water Exercise

**(Ages 16 & up)** Perfect for those new to water exercise. This class will explore different types of water exercise classes and different types of equipment. You will learn the most effective way to exercise in the water. Class will have cardio, strength, flexibility, and endurance. Participants will leave feeling comfortable in any type of aqua class setting. No class 11/24. 15, 50-minute classes/\*14, 50-minute classes.

| CODE    | DAYS | TIME    | DATES       | FEE    |
|---------|------|---------|-------------|--------|
| 202734a | T/TH | 10:30am | 9/6-10/20   | \$140* |
| 202734b | T/TH | 10:30am | 10/25-12/15 | \$150  |

### Early Arthritis Exercise

**(Ages 16 & up)** Designed to accommodate individuals with arthritis and other related illnesses, this class is taught using Arthritis Foundation exercises. Improve strength, balance, coordination, cardiovascular fitness, and joint range of motion in this smaller class using half of the auxiliary pool. No class 11/23, 11/25. 14, 50-minute classes.

| CODE    | DAYS  | TIME   | DATES       | FEE   |
|---------|-------|--------|-------------|-------|
| 202721a | M/W/F | 7:30am | 9/7-10/7    | \$140 |
| 202721b | M/W/F | 7:30am | 10/10-11/9  | \$140 |
| 202721c | M/W/F | 7:30am | 11/11-12/16 | \$140 |

### Arthritis Exercise

**(Ages 16 & up)** Use water walking and Arthritis Foundation exercises to move all major joints and facilitate activities of daily living. Improve balance, strength, and endurance while having fun in warm water. No class 11/23, 11/25. 14, 50-minute classes.

| CODE    | DAYS  | TIME   | DATES       | FEE   |
|---------|-------|--------|-------------|-------|
| 202720a | M/W/F | 9:00am | 9/7-10/7    | \$140 |
| 202720b | M/W/F | 9:00am | 10/10-11/9  | \$140 |
| 202720c | M/W/F | 9:00am | 11/11-12/16 | \$140 |

### Aqua Power

**(Ages 16 & up)** Develop your coordination, muscular strength, and cardiovascular endurance through the use of noodles, dumbbells, and other aquatic fitness equipment. Working against shallow water currents will constantly challenge the core muscles, leading to improvements in balance as well. No class 11/23, 11/25. 14, 50-minute classes.

| CODE    | DAYS  | TIME   | DATES       | FEE   |
|---------|-------|--------|-------------|-------|
| 202710a | M/W/F | 8:30am | 9/7-10/7    | \$140 |
| 202710b | M/W/F | 8:30am | 10/10-11/9  | \$140 |
| 202710c | M/W/F | 8:30am | 11/11-12/16 | \$140 |

### Deep Water

**(Ages 16 & up)** This class places an emphasis on the water's natural resistance to enhance overall fitness. The use of flotation equipment allows you to increase your intensity level without increasing the impact on your joints. **Prerequisite:** Must be comfortable in deep water. No class 11/23, 11/24, 11/25. 15, 50-minute classes/\*14, 50-minute classes.

| CODE    | DAYS  | TIME   | DATES       | FEE    |
|---------|-------|--------|-------------|--------|
| 202730a | M/W/F | 9:30am | 9/7-10/7    | \$140* |
| 202730b | M/W/F | 9:30am | 10/10-11/9  | \$140* |
| 202730c | M/W/F | 9:30am | 11/11-12/16 | \$140* |
| 202731a | T/TH  | 9:30am | 9/6-10/20   | \$140* |
| 202731b | T/TH  | 9:30am | 10/25-12/15 | \$150  |

### Master Splash

**(Ages 16 & up)** Stay active by working through range-of-motion and strengthening exercises that are easy on the joints. In this class you will enhance functional fitness for improved quality of life. No class 11/23, 11/25. 14, 50-minute classes.

| CODE    | DAYS  | TIME   | DATES       | FEE   |
|---------|-------|--------|-------------|-------|
| 202740a | M/W/F | 9:30am | 9/7-10/7    | \$140 |
| 202740b | M/W/F | 9:30am | 10/10-11/9  | \$140 |
| 202740c | M/W/F | 9:30am | 11/11-12/16 | \$140 |

END YOUR SUMMER WITH A SPLASH!



OPEN UNTIL SEPTEMBER 5 • SEE PAGE 7



## Aqua Zumba®

(Ages 16 & up) Aqua Zumba® is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Do not be fooled, this is not your normal aqua class. The movements are challenging and you can feel your muscles working against the resistance of the water. Latin dance rhythms are incorporated into this class. No class 11/23, 11/24. 15, 50-minute classes/\*14, 50-minute classes.

| CODE    | DAYS | TIME   | DATES       | FEE    |
|---------|------|--------|-------------|--------|
| 202765a | M/W  | 6:30pm | 9/7-10/24   | \$140* |
| 202765b | M/W  | 6:30pm | 10/26-12/14 | \$140* |
| 202766a | T/TH | 8:30am | 9/6-10/20   | \$140* |
| 202766b | T/TH | 8:30am | 10/25-12/15 | \$150  |

## H2O Low

(Ages 16 & up) Establish a fitness base in the water with low intensity walking and jogging, along with other aerobic movements. Compliment your cardiovascular conditioning with strength training, abdominal exercises, and relaxing stretches. No class 11/24. 15, 50-minute classes/\*14, 50-minute classes.

| CODE    | DAYS | TIME   | DATES       | FEE    |
|---------|------|--------|-------------|--------|
| 202770a | T/TH | 9:30am | 9/6-10/20   | \$140* |
| 202770b | T/TH | 9:30am | 10/25-12/15 | \$150  |

## kids corner child care



|                      |                                  |
|----------------------|----------------------------------|
| <b>Monday-Friday</b> | 8:00am-2:00pm &<br>4:00pm-7:30pm |
| <b>Saturday</b>      | 8:30am-1:30pm                    |
| <b>Sunday</b>        | 9:00am-1:30pm                    |

\$5.00 per child per visit. Child care passes are available, purchase a 25 visit child care pass for \$75.00 or 10 visit child care pass for \$30.00.

*Ida Lee reserves the right to limit the number of children in child care at any given time.*

**Service is offered on a first-come, first-served basis.**

**Guardian must be utilizing the recreation center or tennis center.**

## fitness for kids



### Physical Education for Kids

(Ages 7-13) Kids will learn about sportsmanship, teamwork, and the enjoyment of physical activity. Kids will play their way to a healthier body through soccer, volleyball, basketball, kickball, and other non-traditional games. This class will be based in the gym, but may be outside when the weather permits. Ideal for home schooled kids. No class 11/23. 7, 45-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE  |
|---------|-----|---------|-------------|------|
| 208540a | WED | 11:00am | 9/7-10/19   | \$70 |
| 208540b | WED | 11:00am | 10/26-12/14 | \$70 |

### Youth Weight Room Certification

(Ages 12-15) If you are serious about looking better, feeling better, getting stronger and healthier, GET CERTIFIED!!! In this class you will learn the rules of the fitness room and how to use the free weights and cardio machines. Students also learn how to design their own program with emphasis on muscle strengthening, muscular endurance, and weight management. Youths with a certification card on file may workout in the fitness center unsupervised. In order to take this class, you must pre-register at least 3 days before and you must attend all four sessions. 4, 60-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 208560a | TUE | 4:15pm | 9/13-10/4   | \$48 |
| 208560b | TUE | 4:15pm | 10/25-11/15 | \$48 |

# 15% OFF

## Fall Sale

Pass

For Ida Lee Park Recreation Center  
Valid: 9/15/16 - 10/15/16

**10% OFF PERSONAL TRAINING**

FITNESS FOR KIDS CLASSES  
703-777-1368

# wellness specialty

workout • movement • exercise



## WOW (Women on Weights) Machines

**(Ages 16 & up)** Design your own strength workout utilizing the equipment in the Ida Lee Fitness Center. This class is composed of a half hour of lecture and 90-minutes of hands on training to provide you with a basic understanding of weight training using the selectorized machines. You will learn basic strength training form, technique, and principles so that you have safe and effective workouts. No experience with weight training necessary. 1, 2-hour class.

| CODE    | DAY | TIME    | DATE  | FEE  |
|---------|-----|---------|-------|------|
| 208700a | SAT | 12:00pm | 9/17  | \$25 |
| 208700b | SAT | 12:00pm | 11/12 | \$25 |

## WOW (Women on Weights) Free Weights

**(Ages 16 & up)** Come to this educational session just for women to help you transition from machines to free weights. This class is composed of a half hour of lecture and 90-minutes of hands on training to provide you with a basic understanding of weight training using the bars and dumbbells. No experience with weight training necessary. 1, 2-hour class.

| CODE    | DAY | TIME    | DATE  | FEE  |
|---------|-----|---------|-------|------|
| 208710a | SAT | 12:00pm | 10/29 | \$25 |

## Core, Balance and Stabilization

**(Ages 16 & up)** Take your abdominal training to a whole new level! Add fresh elements to abdominal and back training! Learn new core exercises that will effectively challenge every muscle in your "power center" while simultaneously improving your overall movement capabilities. Find the best way to train for improved balance and posture. Great for any fitness level. 1, 60-minute class.

| CODE    | DAY | TIME   | DATE | FEE  |
|---------|-----|--------|------|------|
| 208770a | WED | 6:00pm | 9/21 | \$15 |

## The 411 on Designing a Workout

**(Ages 16 & up)** In this class you will work with a certified personal trainer to learn the principles in designing and customizing a workout plan that meets your needs. Several topics will be discussed including the frequency, duration and intensity of cardio, as well as strength training workouts. In addition, you will learn how to incorporate cross training into your fitness routine. 1, 90-minute class.

| CODE    | DAY | TIME    | DATE  | FEE  |
|---------|-----|---------|-------|------|
| 208724a | SAT | 12:00pm | 10/15 | \$20 |

## new Core Training Anatomy

**(Ages 16 & up)** Whether you are just beginning your routine or looking to enhance an existing conditioning program, this course presents the most effective exercises and workouts for the results you want. Learn how variations, progressions, and sequencing can affect muscle recruitment and ultimately the results you achieve. 1, 90-minute class.

| CODE    | DAY | TIME   | DATE | FEE  |
|---------|-----|--------|------|------|
| 208714a | MON | 6:00pm | 10/3 | \$20 |

## community outreach program



## Recreation Outreach to Community Kids (R.O.C.K.)

Recreation Outreach to Community Kids (R.O.C.K.) is a collaborative effort with the Town of Leesburg Parks and Recreation Department and the Leesburg Police Department. R.O.C.K. is a recreation based outreach program for children aged 5-12 years old in the communities of Heritage Square, the Fields of Leesburg Apartments, Evans Ridge Apartments, and the Fort Evans Road Communities. The program offers sports, games, art, trips, team building, and special guests. The program is held daily after school and during the summer.

For more information about R.O.C.K. please contact the  
**COMMUNITY OUTREACH PROGRAMS** at

**703-737-7159**





# personal training

(Ages 12 & up) Ida Lee has a diverse team of certified Personal Trainers available to challenge and motivate clients of all fitness levels. Whether you are a high school student with college athletic aspirations, or an older adult seeking improved mobility, we can help you maximize your body's potential. To lose weight, reduce stress, and enhance your athletic ability, please fill out a Personal Training Request Form available at the front desk or online at [www.idalee.org](http://www.idalee.org). We will contact you to schedule your personal training sessions. Several packages are available to meet your personal training needs, which includes a free fitness assessment with the purchase of any personal training package.



## Private Training\* *One-on-one individualized sessions.*

### 60-Minute Training Packages

| Program Packages | Cost Per Session | Cost Per Package |
|------------------|------------------|------------------|
| 1 Session        | \$60.00          | \$60.00          |
| 5 Sessions       | \$55.00          | \$275.00         |
| 10 Sessions      | \$50.00          | \$500.00         |

### 30-Minute Training Packages

Great if you want an affordable, long term commitment towards a complete change in lifestyle and fitness.

| Program Packages | Cost Per Session | Cost Per Package |
|------------------|------------------|------------------|
| 4 sessions       | \$30.00          | \$120.00         |
| 8 sessions       | \$27.50          | \$220.00         |
| 12 sessions      | \$25.00          | \$300.00         |

## Partner Training\* *Workout and spend time with someone you care about!*

| Program Packages | Cost Per Session                   | Cost Per Package            |
|------------------|------------------------------------|-----------------------------|
| 1 Session        | \$100.00/session<br>\$50.00/person | \$100.00<br>\$50.00/person  |
| 5 Sessions       | \$90.00/session<br>\$45.00/person  | \$450.00<br>\$225.00/person |
| 10 Sessions      | \$80.00/session<br>\$40.00/person  | \$800.00<br>\$400.00/person |

## Group Training\* *Great if you would like to organize your own group of 3 or 4 friends to work together.*

| Program Packages                        | Cost Per Session                   | Cost Per Package            |
|---|------------------------------------|-----------------------------|
| 5 Sessions for a group of 3 individuals | \$100.00/session<br>\$33.00/person | \$500.00<br>\$165.00/person |
| 5 Sessions for a group of 4 individuals | \$120.00/session<br>\$30.00/person | \$600.00<br>\$150.00/person |

### \*The following applies to all training sessions:

- There are no discounts on the cost of training sessions.
- You must notify your trainer 24 hours in advance of cancellation. If there is not a 24 hour notice, you will be charged for the missed session.
- 60-minute sessions are good for 6 months from the date of purchase.
- 30-minute sessions are good for 12 months from the date of purchase.
- There are no refunds given on personal training purchases.

## Individual Nutrition Counseling

(Ages 12 & up) One-on-one nutrition counseling with a Registered Dietitian that will be tailored to the individuals needs, providing education and guidance such as weight management, diabetic education and meal planning, basic sports nutrition, and heart healthy nutrition. First session 60-minutes, follow up sessions 30-minutes.

| Cost Per Session |                                  |
|------------------|----------------------------------|
| \$60.00          | 60-minute initial consultation   |
| \$40.00          | 30-minute follow up consultation |

PERSONAL TRAINING  
703-777-1368

**10%  
OFF  
SALE**  
on  
**PERSONAL  
TRAINING**  
9/15/16  
thru  
10/15/16



# tennis

classes • clinics • tournaments

TENNIS CLASSES  
703-737-6068

Come grow your game at the Ida Lee Park Tennis Center. We offer a wide variety of classes, academies, tournaments, and more. If you are uncertain of your level before enrollment, please let us know and we will test your skills prior to registration. Please come to your class with a tennis racquet and tennis shoes. All classes meet at the AV Symington Indoor Tennis Center. No tennis classes will be held on October 15-16, after 3pm on October 31, and November 24-27.

**WEATHER:** In the event of inclement weather, decisions on tennis classes will be made one hour prior to the start of the class. Late cancellations may occur due to unpredictable weather conditions. Please call 703-737-7166 for inclement weather information.



## Quick Start Red Ball-Indoors

**(Ages 4-8)** This class teaches children basic hand-eye skills and basic racquet skills, and the concept of playing tennis. No class 10/15, 11/24, 11/25, 11/26. 8, 60-minute classes/\*7, 60-minute classes/\*6, 60-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE     |
|---------|-----|--------|------------|---------|
| 227100a | MON | 4:30pm | 9/12-10/24 | \$140*  |
| 227100b | MON | 4:30pm | 11/7-12/19 | \$140*  |
| 227101a | TUE | 4:30pm | 9/6-10/25  | \$160   |
| 227101b | TUE | 4:30pm | 11/1-12/20 | \$160   |
| 227102a | WED | 4:30pm | 9/7-10/26  | \$160   |
| 227102b | WED | 4:30pm | 11/2-12/21 | \$160   |
| 227103a | THU | 4:30pm | 9/8-10/27  | \$160   |
| 227103b | THU | 4:30pm | 11/3-12/22 | \$140*  |
| 227104a | FRI | 4:00pm | 9/9-10/28  | \$160   |
| 227104b | FRI | 4:00pm | 11/4-12/23 | \$140*  |
| 227105a | SAT | 9:00am | 9/10-10/29 | \$140*  |
| 227105b | SAT | 9:00am | 11/5-12/17 | \$120** |

## Quick Start Orange Ball-Indoors

**(Ages 7-9)** This class is for players who can maintain an extended rally. They now learn intermediate stroke technique as well as how to play points, keep score, and basic strategy. No class 10/15, 11/24, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE     |
|---------|-----|---------|------------|---------|
| 227120a | MON | 4:00pm  | 9/12-10/24 | \$203*  |
| 227120b | MON | 4:00pm  | 11/7-12/19 | \$203*  |
| 227121a | TUE | 4:00pm  | 9/6-10/25  | \$232   |
| 227121b | TUE | 4:00pm  | 11/1-12/20 | \$232   |
| 227122a | WED | 4:00pm  | 9/7-10/26  | \$232   |
| 227122b | WED | 4:00pm  | 11/2-12/21 | \$232   |
| 227123a | THU | 4:00pm  | 9/8-10/27  | \$232   |
| 227123b | THU | 4:00pm  | 11/3-12/22 | \$203*  |
| 227124a | SAT | 11:30am | 9/10-10/29 | \$203*  |
| 227124b | SAT | 11:30am | 11/5-12/17 | \$174** |
| 227125a | SAT | 2:30pm  | 9/10-10/29 | \$203*  |
| 227125b | SAT | 2:30pm  | 11/5-12/17 | \$174** |

## Quick Start Green Ball-Indoors

**(Ages 9-11)** For players who can rally and place the ball with intention, play the ball in transition, move to the net, and place the volley to win. Players must be able to execute the serve and hit the ball flat or with spin, and be on their way to understanding strategy and tactics. No class 10/15, 11/24, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE     |
|---------|-----|---------|------------|---------|
| 227130a | MON | 4:00pm  | 9/12-10/24 | \$203*  |
| 227130b | MON | 4:00pm  | 11/7-12/19 | \$203*  |
| 227131a | TUE | 4:00pm  | 9/6-10/25  | \$232   |
| 227131b | TUE | 4:00pm  | 11/1-12/20 | \$232   |
| 227132a | THU | 4:00pm  | 9/8-10/27  | \$232   |
| 227132b | THU | 4:00pm  | 11/3-12/22 | \$203*  |
| 227133a | SAT | 11:30am | 9/10-10/29 | \$203*  |
| 227133b | SAT | 11:30am | 11/5-12/17 | \$174** |
| 227134a | SAT | 2:30pm  | 9/10-10/29 | \$203*  |
| 227134b | SAT | 2:30pm  | 11/5-12/17 | \$174** |

## Youth Intermediate-Indoors

**(Ages 11-17)** The players in this class should be ready to play in games and have learned the rules of match play, ground-strokes, volley, lob, and overhead strokes. They should be able to execute all strokes with control, accuracy, and consistency. No class 10/15, 11/24, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE     |
|---------|-----|---------|------------|---------|
| 227140a | MON | 5:30pm  | 9/12-10/24 | \$203*  |
| 227140b | MON | 5:30pm  | 11/7-12/19 | \$203*  |
| 227141a | WED | 5:30pm  | 9/7-10/26  | \$232   |
| 227141b | WED | 5:30pm  | 11/2-12/21 | \$232   |
| 227142a | THU | 5:30pm  | 9/8-10/27  | \$232   |
| 227142b | THU | 5:30pm  | 11/3-12/22 | \$203*  |
| 227143a | SAT | 11:30am | 9/10-10/29 | \$203*  |
| 227143b | SAT | 11:30am | 11/5-12/17 | \$174** |
| 227144a | SAT | 2:30pm  | 9/10-10/29 | \$203*  |
| 227144b | SAT | 2:30pm  | 11/5-12/17 | \$174** |

## Ball Machine Rentals

Please call the Tennis Center at 703-737-6068 to reserve the ball machine. 1, 60-minute session.

**FEE:** \$18 plus applicable court fees.



## Youth Advanced-Indoors

(Ages 11-17) This class is designed for the serious competitive player who has match play experience. This class will focus on stroke production, agility, footwork, as well as singles and doubles game strategies. No class 10/15, 11/26. 7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE    |
|---------|-----|---------|------------|--------|
| 227150a | MON | 5:30pm  | 9/12-10/24 | \$203  |
| 227150b | MON | 5:30pm  | 11/7-12/19 | \$203  |
| 227151a | SAT | 11:30am | 9/10-10/29 | \$203  |
| 227151b | SAT | 11:30am | 11/5-12/17 | \$174* |
| 227152a | SAT | 2:30pm  | 9/10-10/29 | \$203  |
| 227152b | SAT | 2:30pm  | 11/5-12/17 | \$174* |

## Middle School Flight-Indoors

(Ages 11-14) This flight is designed to help the player improve in match play situations. You must be able to serve and keep score. No class 10/16, 11/27. 13, 90-minute sessions.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 227210a | SUN | 1:00pm | 9/11-12/18 | \$195 |
| 227211a | SUN | 4:00pm | 9/11-12/18 | \$195 |

## High School Flight-Indoors

(Ages 15-17) This flight is designed to help the player improve in match play situations. You must be able to serve and keep score. No class 10/16, 11/27. 13, 90-minute sessions.

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 227220a | SUN | 11:30am | 9/11-12/18 | \$195 |
| 227221a | SUN | 2:30pm  | 9/11-12/18 | \$195 |

## Leesburg Tennis Academy-Indoors

(Ages 8-18) This program is for the junior player that wants to be the best tennis player that they can be, and is willing to work at making it happen. It is expected that these juniors are involved in this program year round and play in a minimum of six tournaments per year. In addition to this program, private lessons are also recommended. **(The Head Tennis Professional will evaluate each child and Ida Lee reserves the right to transfer a child to a different class if their skill level is not equal to the level of this program.)** 12, 90-minute classes/\*11, 90-minute classes.

| CODE    | DAYS   | TIME   | DATES       | FEE    |
|---------|--------|--------|-------------|--------|
| 227250a | T/W/TH | 5:30pm | 9/6-9/29    | \$360  |
| 227250b | T/W/TH | 5:30pm | 10/4-10/27  | \$360  |
| 227250c | T/W/TH | 5:30pm | 11/1-11/23  | \$330* |
| 227250d | T/W/TH | 5:30pm | 11/29-12/22 | \$360  |

## Racquet Repair

Need your racquet restrung or a new grip put on? We use Gamma strings. All strings are available in 16 or 17 gauges.

For more information,  
please call the Tennis Center at  
**703-737-6068.**

## adult tennis

### 1.0-1.5 Adult Tennis-Indoors

(Ages 18 & up) This class is for players that have just started playing tennis or a player that has limited playing experience and is still working primarily on getting the ball into play. No class 10/15, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE     |
|---------|-----|---------|------------|---------|
| 227300a | TUE | 10:30am | 9/6-10/25  | \$232   |
| 227300b | TUE | 10:30am | 11/1-12/20 | \$232   |
| 227301a | SAT | 1:00pm  | 9/10-10/29 | \$203*  |
| 227301b | SAT | 1:00pm  | 11/5-12/17 | \$174** |

### 2.0-2.5 Adult Tennis-Indoors

(Ages 18 & up) The players in this class need on-court experience. They are familiar with basic positions of singles and doubles play and can sustain a slow rally with players of similar ability. No class 10/15, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE     |
|---------|-----|---------|-------------|---------|
| 227310a | MON | 10:30am | 9/12-10/24  | \$203*  |
| 227310b | MON | 10:30am | 10/31-12/19 | \$232   |
| 227311a | MON | 7:00pm  | 9/12-10/24  | \$203*  |
| 227311b | MON | 7:00pm  | 11/7-12/19  | \$203*  |
| 227312a | TUE | 9:00am  | 9/6-10/25   | \$232   |
| 227312b | TUE | 9:00am  | 11/1-12/20  | \$232   |
| 227313a | WED | 9:00am  | 9/7-10/26   | \$232   |
| 227313b | WED | 9:00am  | 11/2-12/21  | \$232   |
| 227314a | WED | 10:30am | 9/7-10/26   | \$232   |
| 227314b | WED | 10:30am | 11/2-12/21  | \$232   |
| 227315a | WED | 7:00pm  | 9/7-10/26   | \$232   |
| 227315b | WED | 7:00pm  | 11/2-12/21  | \$232   |
| 227316a | SAT | 10:00am | 9/10-10/29  | \$203*  |
| 227316b | SAT | 10:00am | 11/5-12/17  | \$174** |
| 227317a | SAT | 1:00pm  | 9/10-10/29  | \$203*  |
| 227317b | SAT | 1:00pm  | 11/5-12/17  | \$174** |

### 3.0 Adult Tennis-Indoors

(Ages 18 & up) The players in this class are consistent when hitting medium pace shots, but are not comfortable with all strokes and lacks control when trying for directional intent, depth, or power. No class 10/15, 11/24, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE     |
|---------|-----|---------|-------------|---------|
| 227320a | MON | 9:00am  | 9/12-10/24  | \$203*  |
| 227320b | MON | 9:00am  | 10/31-12/19 | \$232   |
| 227321a | MON | 8:30pm  | 9/12-10/24  | \$203*  |
| 227321b | MON | 8:30pm  | 11/7-12/19  | \$203*  |
| 227322a | TUE | 9:00am  | 9/6-10/25   | \$232   |
| 227322b | TUE | 9:00am  | 11/1-12/20  | \$232   |
| 227323a | TUE | 7:00pm  | 9/6-10/25   | \$232   |
| 227323b | TUE | 7:00pm  | 11/1-12/20  | \$232   |
| 227324a | WED | 9:00am  | 9/7-10/26   | \$232   |
| 227324b | WED | 9:00am  | 11/2-12/21  | \$232   |
| 227325a | THU | 9:00am  | 9/8-10/27   | \$232   |
| 227325b | THU | 9:00am  | 11/3-12/22  | \$203*  |
| 227326a | SAT | 10:00am | 9/10-10/29  | \$203*  |
| 227326b | SAT | 10:00am | 11/5-12/17  | \$174** |
| 227327a | SAT | 1:00pm  | 9/10-10/29  | \$203*  |
| 227327b | SAT | 1:00pm  | 11/5-12/17  | \$174** |

### 3.5 Adult Tennis-Indoors

**(Ages 18 & up)** The players in this class have achieved improved stroke dependability and direction on moderate pace shots, but still lack depth and variety. This player exhibits more aggressive net play, has improved court coverage, and is developing teamwork in doubles. No class 10/15, 11/24, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE     |
|---------|-----|---------|-------------|---------|
| 227330a | MON | 9:00am  | 9/12-10/24  | \$203*  |
| 227330b | MON | 9:00am  | 10/31-12/19 | \$232   |
| 227331a | MON | 8:30pm  | 9/12-10/24  | \$203*  |
| 227331b | MON | 8:30pm  | 11/7-12/19  | \$203*  |
| 227332a | TUE | 10:30am | 9/6-10/25   | \$232   |
| 227332b | TUE | 10:30am | 11/1-12/20  | \$232   |
| 227333a | WED | 10:30am | 9/7-10/26   | \$232   |
| 227333b | WED | 10:30am | 11/2-12/21  | \$232   |
| 227334a | WED | 8:30pm  | 9/7-10/26   | \$232   |
| 227334b | WED | 8:30pm  | 11/2-12/21  | \$232   |
| 227335a | THU | 10:30am | 9/8-10/27   | \$232   |
| 227335b | THU | 10:30am | 11/3-12/22  | \$203*  |
| 227336a | THU | 8:30pm  | 9/8-10/27   | \$232   |
| 227336b | THU | 8:30pm  | 11/3-12/22  | \$203*  |
| 227337a | SAT | 8:30am  | 9/10-10/29  | \$203*  |
| 227337b | SAT | 8:30am  | 11/5-12/17  | \$174** |
| 227338a | SAT | 10:00am | 9/10-10/29  | \$203*  |
| 227338b | SAT | 10:00am | 11/5-12/17  | \$174** |
| 227339a | SAT | 1:00pm  | 9/10-10/29  | \$203*  |
| 227339b | SAT | 1:00pm  | 11/5-12/17  | \$174** |

### 4.0 and Above Adult Tennis-Indoors

**(Ages 18 & up)** The players in this class have dependable strokes, including directional intent, on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots, and volleys with some success. This player occasionally forces errors when serving and teamwork in doubles is evident. No class 10/15, 11/26. 8, 90-minute classes/\*7, 90-minute classes/\*6, 90-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE     |
|---------|-----|---------|-------------|---------|
| 227340a | MON | 9:00am  | 9/12-10/24  | \$203*  |
| 227340b | MON | 9:00am  | 10/31-12/19 | \$232   |
| 227341a | MON | 7:00pm  | 9/12-10/24  | \$203*  |
| 227341b | MON | 7:00pm  | 11/7-12/19  | \$203*  |
| 227342a | WED | 8:30pm  | 9/7-10/26   | \$232   |
| 227342b | WED | 8:30pm  | 11/2-12/21  | \$232   |
| 227343a | SAT | 8:30am  | 9/10-10/29  | \$203*  |
| 227343b | SAT | 8:30am  | 11/5-12/17  | \$174** |
| 227344a | SAT | 10:00am | 9/10-10/29  | \$203*  |
| 227344b | SAT | 10:00am | 11/5-12/17  | \$174** |

### Pro Workout-Indoors

**(Ages 18 & up)** Enjoy a high intensity class where you will hit hundreds of tennis balls and focus on footwork, conditioning, and strategy. 1, 90-minute class.

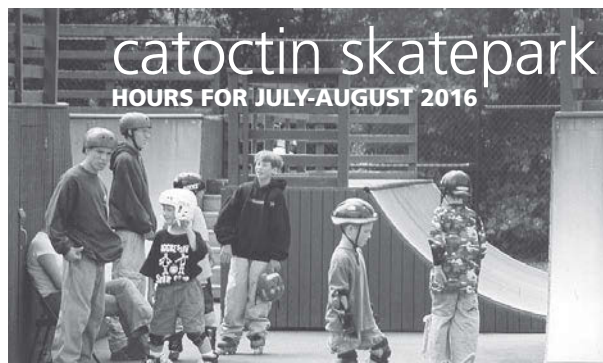
| CODE    | DAY | LEVEL | TIME   | DATE  | FEE  |
|---------|-----|-------|--------|-------|------|
| 227800a | FRI | 3.5+  | 5:00pm | 9/9   | \$25 |
| 227800b | FRI | 3.5+  | 5:00pm | 9/16  | \$25 |
| 227800c | FRI | 3.5+  | 5:00pm | 9/23  | \$25 |
| 227800d | FRI | 3.5+  | 5:00pm | 9/30  | \$25 |
| 227800e | FRI | 3.5+  | 5:00pm | 10/7  | \$25 |
| 227800f | FRI | 3.5+  | 5:00pm | 10/14 | \$25 |
| 227800g | FRI | 3.5+  | 5:00pm | 10/21 | \$25 |
| 227800h | FRI | 3.5+  | 5:00pm | 10/28 | \$25 |
| 227800i | FRI | 3.5+  | 5:00pm | 11/4  | \$25 |
| 227800j | FRI | 3.5+  | 5:00pm | 11/11 | \$25 |
| 227800k | FRI | 3.5+  | 5:00pm | 11/18 | \$25 |
| 227800l | FRI | 3.5+  | 5:00pm | 12/2  | \$25 |
| 227800m | FRI | 3.5+  | 5:00pm | 12/9  | \$25 |
| 227800n | FRI | 3.5+  | 5:00pm | 12/16 | \$25 |
| 227800o | FRI | 3.5+  | 5:00pm | 12/23 | \$25 |

### Cardio Tennis-Indoors

**(Ages 18 & up)** Burn more calories than singles or doubles tennis while working on your footwork, endurance, agility, and cardio fitness. Each class will consist of a warm up, workout and cool down. This is a fast-paced cardio class, where you must be able to maintain a rally. 1, 60-minute class.

| CODE    | DAY | TIME   | DATE  | FEE  |
|---------|-----|--------|-------|------|
| 227850a | TUE | 5:30pm | 9/6   | \$18 |
| 227850b | TUE | 5:30pm | 9/13  | \$18 |
| 227850c | TUE | 5:30pm | 9/20  | \$18 |
| 227850d | TUE | 5:30pm | 9/27  | \$18 |
| 227850e | TUE | 5:30pm | 10/4  | \$18 |
| 227850f | TUE | 5:30pm | 10/11 | \$18 |
| 227850g | TUE | 5:30pm | 10/18 | \$18 |
| 227850h | TUE | 5:30pm | 10/25 | \$18 |
| 227850i | TUE | 5:30pm | 11/1  | \$18 |
| 227850j | TUE | 5:30pm | 11/8  | \$18 |
| 227850k | TUE | 5:30pm | 11/15 | \$18 |
| 227850l | TUE | 5:30pm | 11/22 | \$18 |
| 227850m | TUE | 5:30pm | 11/29 | \$18 |
| 227850n | TUE | 5:30pm | 12/6  | \$18 |
| 227850o | TUE | 5:30pm | 12/13 | \$18 |
| 227850p | TUE | 5:30pm | 12/20 | \$18 |

Check webpage  
for new skate park  
construction updates



catoctin skatepark  
HOURS FOR JULY-AUGUST 2016

## SUMMER HOURS

#### Skateboards/Rollerblades

| DAYS      | OPEN    | CLOSED |
|-----------|---------|--------|
| Mon.-Fri. | 12:00pm | 8:00pm |
| Saturday  | 12:00pm | 6:00pm |
| Sunday    | 12:00pm | 4:00pm |

#### Bikes

| OPEN   | CLOSED |
|--------|--------|
| —      | —      |
| 6:00pm | 8:00pm |
| 4:00pm | 6:00pm |

Helmets required, bike pegs must be taped,  
no scooters allowed. Hours are weather permitting.

Call ahead: 703-777-8837 or 703-737-7166

The SkatePark is expected to close in early September, as construction of the new park begins.



# Ida Lee Park

## TENNIS CENTER



## Fall Hours & Fees



### HOURS OF OPERATION:

|               |                |
|---------------|----------------|
| Monday-Friday | 7:00am-10:00pm |
| Saturday      | 7:00am-8:00pm  |
| Sunday        | 8:00am-8:00pm  |

### HOLIDAY FACILITY HOURS:

|           |               |
|-----------|---------------|
| Labor Day | 8:00am-8:00pm |
|-----------|---------------|

### AV Symington Indoor Tennis Center Reservation Fees

#### ALL PRICES ARE PER COURT HOUR

The following rates will be in effect for the 2016-2017 indoor Fall/Winter season (September 6-April 2).

|                                 |                       |
|---------------------------------|-----------------------|
| Fall/Winter Indoor<br>Spot Time | Monday-Sunday<br>\$32 |
|---------------------------------|-----------------------|

Non-Resident player fee: \$4.00 per non-resident player, per visit in addition to applicable court fees.

### TENNIS COURT RESERVATION RATES - OUTDOORS:

|                             |  |                        |   |
|-----------------------------|--|------------------------|---|
| <b>Advance Reservation:</b> | \$10 per hour – Town Resident<br>\$12 per hour – Non-Resident<br>(7 days advance reservation for Town Resident; 3 days for Non-Resident) | <b>Multiple Dates:</b> | \$12 per hour – Town Resident<br>\$14 per hour – Non-Resident<br>(Minimum of 4 consecutive weeks, maximum of 8 consecutive weeks) |
|-----------------------------|--|------------------------|---|

## Private Tennis Lessons

Here is a chance for you to get some one-on-one tennis instruction. Instructors have limited times of availability. Sessions are arranged on an individual basis with the instructor, so please stop by the Tennis Center to fill out a lesson request form. No more than 6 people to a private lesson.

| TYPE           | NUMBER OF STUDENTS  | FEE  |
|----------------|---------------------|------|
| Assistant Pro: | 1 Student           | \$65 |
|                | 2 Students          | \$70 |
|                | Group of 3 Students | \$75 |
| Head Pro:      | 1 Student           | \$70 |
|                | 2 Students          | \$75 |
|                | Group of 3 Students | \$81 |

For pricing of 4 or more students (Assistant Pro or Head Pro) please call the Tennis Center at 703-737-6068.

IDA LEE PARK TENNIS CENTER  
703-737-6068



# TENNIS tournaments

fall tennis competitions

## LEESBURG CUP

**September 23rd-25th**

Please join us for the annual Leesburg Cup! This invitation only tournament features the best players from Ida Lee, Middleburg, and Warrenton.

## USTA/MAS NTRP CHAMPIONSHIP

**September 30th-October 2nd**

This is a singles and doubles tournament for men and women. You may register online at [www.usta.com](http://www.usta.com) with the tournament ID #302905916. The registration deadline is Sunday, September 25th at 11:59pm. Current USTA Membership is required to register.

## BOYS 14-UNDER USTA/MAS CHAMPIONSHIPS L1

**October 15th-17th**

This event is a singles tournament for boys 14 years of age and under. You may register online at [www.usta.com](http://www.usta.com) with the tournament ID #302958616. The registration deadline is Monday, October 10th at 11:59pm. Current USTA Membership is required to register.

## Racquetball:

\$6.00 court fee paid when the reservation is made.

## Pickleball:

\$6.00 court fee paid when the reservation is made.

## Wallyball:

\$12.00 court fee paid  
when the reservation is made.

### PLEASE REMEMBER:

Only non-marking court shoes are permitted.  
Protective eyewear is recommended.

Reservations are accepted 7 days in advance for  
Town Residents and Annual Pass Holders.

All others may reserve a court 3 days in advance. General  
admission fees are required to play racquetball or wallyball.

**FREE FOR ANNUAL PASS HOLDERS.**



# sports

classes • leagues • private lessons



## Basketball

**(Ages 4-10)** This class will teach children the basics of shooting, dribbling, and passing. To help keep things at the children's level the goal's height will be adjusted for each age group. The class will focus mostly on teaching skills and techniques; there will be a few scrimmages by the end of the session. Class meets at Ida Lee Park Recreation Center's Basketball Courts. No class 11/26. 6, 45-minute classes/\*5, 45 minute classes.

### Mites (Ages 4-5)

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 217100a | SAT | 9:00am  | 9/17-10/22 | \$72  |
| 217100b | SAT | 9:00am  | 11/5-12/10 | \$60* |
| 217100c | SAT | 10:00am | 9/17-10/22 | \$72  |
| 217100d | SAT | 10:00am | 11/5-12/10 | \$60* |

### Pee Wee (Ages 6-7)

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 217110a | SAT | 11:00am | 9/17-10/22 | \$72  |
| 217110b | SAT | 11:00am | 11/5-12/10 | \$60* |

### Junior (Ages 8-10)

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 217120a | SAT | 12:00pm | 9/17-10/22 | \$72  |
| 217120b | SAT | 12:00pm | 11/5-12/10 | \$60* |

## Volleyball

**(Ages 10-14)** Bump, set, spike! Learn about the exciting game of volleyball. This program will help your child develop the skills and techniques that are essential for playing volleyball. The first day of class will be an assessment day to determine which level the student is best suited for. Class meets at Ida Lee Park Recreation Center's Basketball Courts. No class 11/26. 7, 55-minute classes.

### Beginner

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 218500a | SAT | 9:00am | 9/10-10/22  | \$112 |
| 218500b | SAT | 9:00am | 10/29-12/17 | \$112 |

### Intermediate

| CODE    | DAY | TIME    | DATES       | FEE   |
|---------|-----|---------|-------------|-------|
| 218502a | SAT | 10:00am | 9/10-10/22  | \$112 |
| 218502b | SAT | 10:00am | 10/29-12/17 | \$112 |

## Fencing

**(Ages 12 & up)** This course provides for both supervised and coached assaults, bouts by experienced fencers, as well as training for beginner fencers. For beginners, this course introduces the fencer to the French school of foil fencing. The five learning objectives are safety, basic movement, the simple attack, the parry riposte, and the compound attack. Lessons for all levels will consist of group instruction, supervised exchange drills, and assaults. **Students in the Beginner class are expected to provide their own equipment by the 4<sup>th</sup> week of class. Students in the Intermediate class must have their equipment at the first class.** You will need to have a French standard foil, mask, glove, and practice jacket. Please call 703-777-1368 for locations to purchase equipment. No class 10/10, 10/31. 9, 60-minute classes.

### Beginner (Ages 12 & up)

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 218300a | MON | 8:10pm | 9/12-11/21 | \$126 |

### Intermediate (Ages 15 & up)

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 218310a | MON | 7:10pm | 9/12-11/21 | \$126 |

## Preschool Sports Exploration

**(Ages 3-5)** Introduce your child to the wonders of sports while providing development opportunities. Each week, a different sport and activity will be introduced providing them with an opportunity to develop physical strength, eye-hand coordination, and gross motor skills in a fun and safe environment. Class meets outdoors at Foxridge Park. No class 10/10. 6, 35-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE  |
|---------|-----|---------|------------|------|
| 226100a | MON | 10:15am | 9/12-10/24 | \$72 |
| 226100b | THU | 10:15am | 9/8-10/13  | \$72 |

## Lacrosse

**(Ages 5-9)** Here is a chance for kids to come out and learn about the game of lacrosse. Learn the techniques for scooping, cradling, passing, catching, and shooting. Practice the rules of the game in a fun, non-competitive environment. Class meets at Ida Lee Park's Practice Field. 8, 45-minute classes.

### Pee Wee (Ages 5-6)

| CODE    | DAY | TIME   | DATES      | FEE  |
|---------|-----|--------|------------|------|
| 221100a | SAT | 2:00pm | 9/10-10/29 | \$96 |

### Micro (Ages 7-9)

| CODE    | DAY | TIME   | DATES      | FEE  |
|---------|-----|--------|------------|------|
| 221102a | SAT | 2:45pm | 9/10-10/29 | \$96 |

# WebTrac

online registration is available. Visit [www.idalee.org](http://www.idalee.org) or call 703-777-1368 for details.

SPORTS CLASSES  
703-777-1368

## new D-1 Basketball Clinic

**(Ages 6-13)** Led by a former NCAA Division I player, this basketball clinic will focus on developing players' offensive and defensive fundamental skill set to provide them with the tools to be a successful player. Skills will be taught through detail oriented drills that will directly translate to on the court situations. Drills will be competitive, informative, and FUN. Clinic meets at Ida Lee Park Recreation Center's Basketball Courts. 1, 105-minute clinic.

### NCAA (Ages 6-9)

| CODE    | DAY | TIME   | DATE  | FEE  |
|---------|-----|--------|-------|------|
| 217200a | SAT | 9:00am | 9/10  | \$35 |
| 217200b | SAT | 9:00am | 10/29 | \$35 |
| 217200c | SAT | 9:00am | 12/17 | \$35 |

### NBA (Ages 10-13)

| CODE    | DAY | TIME    | DATE  | FEE  |
|---------|-----|---------|-------|------|
| 217210a | SAT | 11:00am | 9/10  | \$35 |
| 217210b | SAT | 11:00am | 10/29 | \$35 |
| 217210c | SAT | 11:00am | 12/17 | \$35 |



## NFL Flag Football League



**(Ages 6-15)** This is a **competitive** league that will offer non-contact continuous football action, using minimal equipment. The offensive team plays for a first down at midfield and a touchdown in the end zone with "no-running zones" at midfield and near each goal line. The defensive team covers receivers, rushes the passer, and grabs flags to make "tackles."

Practices will begin in late August and games will start in September. A coach will contact you by August 12th to let you know about practice times and locations. Games and practices will be held at Ida Lee Park and Robinson Park. Games are on Saturdays and practices are held on various weekday evenings throughout the week. Please visit [www.idalee.org](http://www.idalee.org) for more details.

**Registration ends July 26th.** Upon registering, please visit [www.idalee.org](http://www.idalee.org) to fill out an online "NFL Player Information Form". Player Evaluation day will be held on July 30th and July 31st. An email will provide more details once registration has ended.

| CODE    | AGES              |                          | FEE   |
|---------|-------------------|--------------------------|-------|
| 219100a | Ages 6-7, Co-ed   | Registration in Progress | \$140 |
| 219110a | Ages 8-9, Co-ed   | Registration in Progress | \$140 |
| 219115a | Ages 10-11, Co-ed | Registration in Progress | \$140 |
| 219120a | Age 12, Co-ed     | Registration in Progress | \$140 |
| 219125a | Ages 13-15, Co-ed | Registration in Progress | \$140 |

\*Age as of September 1, 2016

**No refunds will be given after the start date of July 26th.**

### WE ARE LOOKING FOR COACHES!!

If interested in coaching your child's team, please call the NFL Flag Football League Manager for more details, 703-777-1368.



## Beginner Soccer

**(Ages 4-12)** This class begins with an introduction to the rules and objectives of the game of soccer. It introduces the new player to basic soccer techniques; including dribbling, passing, and shooting. It is organized to develop players' ball skills and foot-eye coordination through simple drills and practice. Class meets at Ida Lee Park's Practice Field. 8, 45-minute classes.

### Beginner Mites (Ages 4-5)

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 224100a | SAT | 9:15am  | 9/10-10/29 | \$112 |
| 224100b | SAT | 10:00am | 9/10-10/29 | \$112 |

### Beginner Pee Wee (Ages 6-7)

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 224110a | SAT | 12:00pm | 9/10-10/29 | \$112 |

### Beginner Micro (Ages 8-12)

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 224112a | SAT | 1:30pm | 9/10-10/29 | \$112 |

## Intermediate Soccer

**(Ages 4-12)** This class emphasizes techniques and tactics involved in actual team soccer play. It is organized to develop players' ball skills, foot-eye coordination, and team work capabilities through more complex drills and team practice. **Prerequisite:** Beginner Soccer Skills or basic knowledge of the game of soccer. Class meets at Ida Lee Park's Practice Field. 8, 45-minute classes.

### Intermediate Mites (Ages 4-5)

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 224114a | SAT | 11:00am | 9/10-10/29 | \$112 |

### Intermediate Pee Wee (Ages 6-7)

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 224116a | SAT | 12:45pm | 9/10-10/29 | \$112 |

### Intermediate Micro (Ages 8-12)

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 224118a | SAT | 2:15pm | 9/10-10/29 | \$112 |

## Baseball

**(Ages 4-7)** Bring your child to learn the fundamentals of baseball. Develop the basic techniques of throwing, catching, fielding, batting, and playing the game. **Participants must provide their own glove.** Class meets at Foxridge Park's Baseball Field.

### Mites (Ages 4-5) 6, 35-minute classes.

| CODE    | DAY | TIME   | DATES     | FEE  |
|---------|-----|--------|-----------|------|
| 216100a | THU | 5:00pm | 9/8-10/13 | \$72 |
| 216102a | THU | 5:45pm | 9/8-10/13 | \$72 |

### Pee Wee (Ages 6-7) 6, 45-minute classes.

| CODE    | DAY | TIME   | DATES     | FEE  |
|---------|-----|--------|-----------|------|
| 216110a | THU | 6:30pm | 9/8-10/13 | \$84 |

## Cross Country/Running Training

**(Ages 10-14)** Here is an opportunity to get cross country/running training by using both paved trails and Ida Lee Park's cross country trails. The class will cover technique, form, distance, hill training, nutrition, and fitness subjects. Class meets at the front gazebo of Ida Lee Park. 6, 60-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 226120a | TUE | 5:00pm | 9/13-10/18 | \$108 |

# Private Lessons

## Private Basketball Lessons

**(Ages 8 & up)** Ida Lee offers private basketball lessons held by former NCAA Division I player, Stephen Shockley. Stephen played at Longwood University of the Big South Conference. During his time at Longwood University he played against teams from the ACC, Big East, Big 12, Pac-12, and SEC. He is currently the varsity assistant coach for the Tuscarora High School basketball team. He will focus on developing players' offensive and defensive fundamental skill set to provide them with the tools to be a successful player. Skills will be taught through detail oriented drills that will directly translate to on the court situations. Please fill out a Private Basketball Lesson Request Form at [www.idalee.org](http://www.idalee.org) and you will be contacted to schedule lesson time and payment.

| LESSON          |                      | FEE   |
|-----------------|----------------------|-------|
| Private Lessons | 4, 60-minute lessons | \$220 |
| Partner Lessons | 4, 60-minute lessons | \$320 |

## Private Racquetball Lessons

**(Ages 12 & up)** Private racquetball lessons are offered to players of all skill levels. Whether you are interested in learning the game for the first time or looking to further develop your game; Instructor Mark Baron, AMPRO certified and two-time Doubles National Champion will assist you in your goals. Please fill out a Private Racquetball Lesson Request Form at [www.idalee.org](http://www.idalee.org) and you will be contacted to schedule lesson time and payment.

| LESSON          |                      | FEE   |
|-----------------|----------------------|-------|
| Private Lessons | 4, 60-minute lessons | \$220 |
| Partner Lessons | 4, 60-minute lessons | \$320 |

# BALLAPALOOZA

## GYM PARTY

- BASKETBALL • KICKBALL
- DODGEBALL • VOLLEYBALL

Saturday and Sunday's  
6:00 – 8:00pm

**PACKAGE INCLUDES:**

- 2 hour gym and room rental
- Lots of different types of balls
- Pizza and bottled water
- Set-up and clean-up

Contact our  
rental coordinator  
for more details at  
703-737-2371  
[rentalcoordinator@leesburgva.gov](mailto:rentalcoordinator@leesburgva.gov)



# martial arts

classes • workshops • private lessons

MARTIAL ARTS CLASSES 703-777-1368

## Karate

**(Ages 6 & up)** This class provides traditional Karate training that teaches discipline, builds confidence and character, and instills traditional martial arts values; such as honor, honesty, courage, humility, and loyalty. The training objective is to provide meaningful and enjoyable learning experiences for every participant that foster individual growth; inside and outside the martial arts training. Karate uniforms may be purchased through the instructors. Class meets at OIWPB.



## Youth Beginning Karate

**(Ages 6-14)**

11, 45-minute classes/\*8, 45-minute classes.

| CODE    | DAYS | TIME   | DATES       | FEE   |
|---------|------|--------|-------------|-------|
| 222100a | T/TH | 6:15pm | 9/1-10/6    | \$110 |
| 222100b | T/TH | 6:15pm | 10/13-11/17 | \$110 |
| 222100c | T/TH | 6:15pm | 11/29-12/22 | \$80* |

## Youth Progressive Karate

**(Ages 6-14)**

11, 45-minute classes/\*8, 45-minute classes.

| CODE    | DAYS | TIME   | DATES       | FEE   |
|---------|------|--------|-------------|-------|
| 222110a | T/TH | 6:15pm | 9/1-10/6    | \$110 |
| 222110b | T/TH | 6:15pm | 10/13-11/17 | \$110 |
| 222110c | T/TH | 6:15pm | 11/29-12/22 | \$80* |

## Adult Karate

**(Ages 14 & up)**

11, 75-minute classes/\*8, 75-minute classes

| CODE    | DAYS | TIME   | DATES       | FEE    |
|---------|------|--------|-------------|--------|
| 222302a | T/TH | 7:30pm | 9/1-10/6    | \$154  |
| 222302b | T/TH | 7:30pm | 10/13-11/17 | \$154  |
| 222302c | T/TH | 7:30pm | 11/29-12/22 | \$112* |

## Little Ninjas

**(Ages 3-5)** Little Ninjas is a program that focuses on improving children's basic motor and listening skills. Skills emphasized include focus, teamwork, control, balance, memory, discipline, fitness, and coordination. The Little Ninjas program is a great introduction into martial arts. Class meets at OIWPB. No class 11/26. 8, 30-minute classes/\*6, 30-minute classes.



| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 222101a | SAT | 11:00am | 9/10-10/29 | \$60  |
| 222101b | SAT | 11:00am | 11/5-12/17 | \$45* |
| 222101c | SAT | 11:45am | 9/10-10/29 | \$60  |
| 222101d | SAT | 11:45am | 11/5-12/17 | \$45* |
| 222101e | SAT | 12:30pm | 9/10-10/29 | \$60  |
| 222101f | SAT | 12:30pm | 11/5-12/17 | \$45* |



This symbol indicates classes meet at  
**(OIWPB)**  
**Olde Izaak Walton Park Building!**

## Self Defense Workshop

**(Ages 14 & up)** You will learn four types of fighting: hitting, kicking, seizing, and falling; along with three levels of fighting: standing, crouched, and from the ground. Other topics covered include the use of objects as self-defense tools and "hit and run" type moves. Class meets at OIWPB. 1, 2-hour class.



| CODE    | DAY | TIME   | DATE  | FEE  |
|---------|-----|--------|-------|------|
| 210350a | TUE | 6:30pm | 10/11 | \$30 |
| 210350b | THU | 6:30pm | 12/29 | \$30 |

## Private Lessons

### Martial Arts

**(Ages 5 & up)** Choose from a variety of martial arts disciplines in a private setting. Please call 703-777-1368 for more information. Instructor specializes in Shaolin Kung Fu, Kempo, Karate, Ju Jitsu, Aikido, Tai Chi, and various self-defense tactics. Please fill out a Private Martial Arts Lesson Request Form at [www.idalee.org](http://www.idalee.org). Private lessons or partner training is available in 30-minute or 60-minute sessions.

| LESSON               | FEE   |
|----------------------|-------|
| 4, 30-minute lessons | \$100 |
| 4, 60-minute lessons | \$200 |

## Winter Break Camp



**(Ages 6-12)** Campers will participate in sports, indoor games, arts & crafts, swimming, and other group activities. Bring a swimsuit, towel, bag lunch, and two snacks with drinks each day. Camp forms available on our website [www.idalee.org](http://www.idalee.org) prior to the start of camp.

| CODE    | DAYS | TIME          | DATES    | FEE   |
|---------|------|---------------|----------|-------|
| 240100a | TH   | 8:00am-5:00pm | 12/22    | \$45  |
| 240100b | F    | 8:00am-5:00pm | 12/23    | \$45  |
| 240100c | M-F  | 8:00am-5:00pm | 12/26-30 | \$215 |



# gymnastics

fundamentals • mechanics • skills



## Beginner Preschool Gymnastics



**(Ages 3-4)** Introduce your child to movement, coordination, and balance in a gymnastics environment. Emphasis is on learning, listening skills, and following instructions. The class covers basic developmental gymnastics along with fun and play. Child must be able to participate without parental involvement. Class meets at OIWPB. No class 11/23, 11/26. 8, 45-minute classes/\*\*7, 45-minute classes/\*\*6, 45-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE    |
|---------|-----|---------|------------|--------|
| 220126a | TUE | 11:00am | 9/6-10/25  | \$80   |
| 220126b | TUE | 11:00am | 11/1-12/13 | \$70*  |
| 220126c | WED | 9:45am  | 9/7-10/26  | \$80   |
| 220126d | WED | 9:45am  | 11/2-12/14 | \$60** |
| 220126e | SAT | 9:00am  | 9/10-10/29 | \$80   |
| 220126f | SAT | 9:00am  | 11/5-12/17 | \$60** |

## Preschool Gymnastics II



**(Ages 4-5)** This class is a continuation of skills learned in the beginner preschool gymnastics and continues to prepare the student for the beginner gymnastics level. Students will be introduced and taught basic skills on the floor, balance beam, bars, and vault, as well as continue to work on coordination, balance, and movement. Class meets at OIWPB. 8, 45-minute classes/\*7, 45-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE   |
|---------|-----|---------|------------|-------|
| 220127a | TUE | 12:00pm | 9/6-10/25  | \$80  |
| 220127b | TUE | 12:00pm | 11/1-12/13 | \$70* |

## Business Meetings, Family Reunions, Wedding Receptions, Group Functions



### Ida Lee Can Accommodate Your Needs!

Ida Lee has a variety of meeting and banquet spaces to meet your special event needs. Our facility features rooms that can accommodate up to 175 people for a seated banquet. Our lower level has over 3,000 sq. ft. of meeting space, an outdoor patio, and a full service warming/catering kitchen.



703-737-2371

rentalcoordinator@leesburgva.gov

## Beginner Gymnastics I



**(Ages 4-12)** This is a modified beginner gymnastics class and a great continuation after Preschool Gymnastics II. Students will warm-up, work on strength conditioning, and do "big kid" gymnastics with emphasis on learning skills and following instructions. Skills include rolls, handstands, and cartwheels in addition to basic skills on the balance beam, bars, and vault. Class meets at OIWPB. No class 11/23, 11/26.

**(Ages 4-6)** 8, 50-minute classes/\*7, 50-minute classes/\*\*6, 50-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE    |
|---------|-----|---------|------------|--------|
| 220130a | TUE | 4:00pm  | 9/6-10/25  | \$96   |
| 220130b | TUE | 4:00pm  | 11/1-12/13 | \$84*  |
| 220130c | WED | 5:15pm  | 9/7-10/26  | \$96   |
| 220130d | WED | 5:15pm  | 11/2-12/14 | \$72** |
| 220130e | SAT | 10:00am | 9/10-10/29 | \$96   |
| 220130f | SAT | 10:00am | 11/5-12/17 | \$72** |

**(Ages 7-12)** 8, 60-minute classes/\*7, 60-minute classes/\*\*6, 60-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE    |
|---------|-----|--------|------------|--------|
| 220130g | TUE | 5:00pm | 9/6-10/25  | \$108  |
| 220130h | TUE | 5:00pm | 11/1-12/13 | \$96*  |
| 220130i | WED | 4:15pm | 9/7-10/26  | \$108  |
| 220130j | WED | 4:15pm | 11/2-12/14 | \$72** |

## Gymnastics II



**(Ages 5-12)** This class concentrates on perfecting skills learned in the beginner class while progressing on to more advanced skills. Strength and flexibility work are instrumental in the ability to attain the skills being taught on floor, bars, balance beam, and vault. Other skills include handstand roll down, cartwheels, back walkovers, and round offs. **Prerequisite:** 2 sessions of Gymnastics I or instructor's permission. Class meets at OIWPB. No class 10/10, 10/31, 11/24, 11/25. 8, 60-minute classes/\*7, 60-minute classes/\*\*6, 60-minute classes.

**(Ages 5-7)**

| CODE    | DAY | TIME   | DATES       | FEE    |
|---------|-----|--------|-------------|--------|
| 220140a | MON | 5:15pm | 9/12-11/7   | \$98*  |
| 220140b | MON | 5:15pm | 11/14-12/19 | \$84** |
| 220140c | THU | 4:00pm | 9/8-10/27   | \$112  |
| 220140d | THU | 4:00pm | 11/3-12/15  | \$84** |

**(Ages 8-12)**

| CODE    | DAY | TIME   | DATES       | FEE    |
|---------|-----|--------|-------------|--------|
| 220140e | MON | 4:15pm | 9/12-11/7   | \$98*  |
| 220140f | MON | 4:15pm | 11/14-12/19 | \$84** |
| 220140g | FRI | 5:00pm | 9/9-10/28   | \$112  |
| 220140h | FRI | 5:00pm | 11/4-12/16  | \$84** |

## Gymnastics III

**(Ages 6-14)** This class prepares the students to move into the Intermediate Level by developing higher level skills through progressive drills and increasing strength and flexibility. Students work to develop the needed skills for floor and equipment. **Prerequisite:** 3 sessions of Gymnastics II or instructor's permission. Class meets at OIWPB. No class 11/25. 8, 60-minute classes/\*6, 60-minute classes.



### (Ages 6-8)

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 220160a | THU | 5:00pm | 9/8-10/27  | \$112 |
| 220160b | THU | 5:00pm | 11/3-12/15 | \$84* |

### (Ages 9-14)

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 220145a | FRI | 6:00pm | 9/9-10/28  | \$112 |
| 220145b | FRI | 6:00pm | 11/4-12/16 | \$84* |

## Intermediate Gymnastics

**(Ages 6-12)** This class has a higher concentration on flexibility and strength through conditioning and drills. Students will perfect more intermediate skills, as well as begin advanced level skills. **Prerequisite:** 2 sessions of Gymnastics III OR instructor's permission. Class meets at OIWPB. No class 10/10, 10/31, 11/23. 9, 60-minute classes/\*8, 60-minute classes.



| CODE    | DAYS | TIME   | DATES       | FEE    |
|---------|------|--------|-------------|--------|
| 220150a | M/W  | 6:15pm | 9/12-10/12  | \$126  |
| 220150b | M/W  | 6:15pm | 10/17-11/16 | \$126  |
| 220150c | M/W  | 6:15pm | 11/21-12/19 | \$112* |

## Intermediate II

**(Ages 6-14)** Attending class two times a week will enhance the progress of the student towards achieving the skills taught. Heavy emphasis on flexibility and strength during the warm up, will aid in achieving the advanced skills being taught. Skills learned will include mounts and dismounts and intermediate level skills on equipment. Tumbling skills will include round off back handsprings, back tucks, and aerials on the floor. **Prerequisite:** Instructor's permission. Class meets at OIWPB. No class 10/10, 10/31, 11/23. 9, 75-minute classes/\*8, 75-minute classes.



| CODE    | DAYS | TIME   | DATES       | FEE    |
|---------|------|--------|-------------|--------|
| 220155a | M/W  | 7:15pm | 9/12-10/12  | \$162  |
| 220155b | M/W  | 7:15pm | 10/17-11/16 | \$162  |
| 220155c | M/W  | 7:15pm | 11/21-12/19 | \$144* |



**10% OFF PERSONAL TRAINING**



This symbol indicates classes meet at **(OIWPB)**  
**Olde Izaak Walton Park Building!**

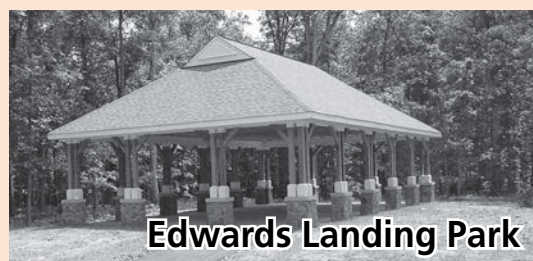
# Fall

**Outdoor  
Rentals Available**

**Ida Lee  
Park**



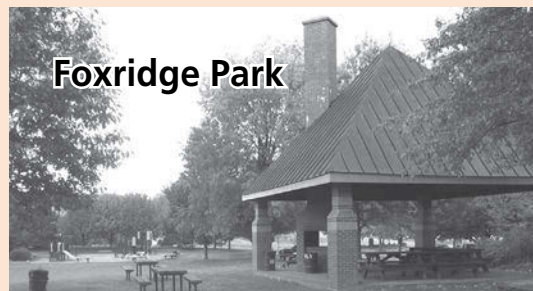
**Edwards Landing Park**



**Tuscarora Creek Park**



**Foxridge Park**



**Potomac  
Crossing  
Park**



**Enjoy your next event  
at one of our pavilions.**

**703-737-2371 • www.idalee.org**



# specialty classes

fundamentals • learning • fun



## Private Voice Lessons

**(Ages 13 & up)** Students learn the rudimentary concepts of healthy singing techniques such as good posture, proper diction, and the use of the lower abdominal and diaphragm muscles to facilitate relaxed and deep breathing for singing and the ability to sing with the "whole body." Students will develop these basic skills by singing simple and fun vocal exercises and learning popular musical theater and folk songs for maximum enjoyment of good singing. Please fill out a Private Voice Lesson Request Form online at [www.idalee.org](http://www.idalee.org) and you will be contacted to schedule lesson time and payment.

| LESSON               | FEE  |
|----------------------|------|
| 1, 30-minute lesson  | \$25 |
| 4, 30-minute lessons | \$90 |

## Private Keyboarding/Piano Lessons

**(Ages 6 & up)** Provides the beginning piano student with an introduction to the fundamental concepts of piano performance and knowledge of basic music theory and musicianship. All students must have home access to a keyboard/piano for practice purposes. Please fill out a Private Keyboard/Piano Request form at [www.idalee.org](http://www.idalee.org) and you will be contacted to schedule lesson time and payment.

| LESSON               | FEE  |
|----------------------|------|
| 1, 30-minute lesson  | \$25 |
| 4, 30-minute lessons | \$90 |

## Private Guitar Lessons

**(Ages 6 & up)** Individual guitar lessons that will teach fundamentals of the guitar, including but not limited to: basic guitar chords, note reading, and music theory. Please fill out a Private Guitar Lesson Request Form online at [www.idalee.org](http://www.idalee.org) and you will be contacted to schedule lesson time and payment.

| LESSON               | FEE   |
|----------------------|-------|
| 1, 45-minute lesson  | \$40  |
| 4, 45-minute lessons | \$150 |

## NEW Family Fun Time

**(Ages 8 & up)** Put down the electronics, turn off the TV, gather your family members and come out to Foxridge Park for fun and games! Parents, grandparents, and children are encouraged to come out and compete with and against each other in family reunion style games with the added benefit of meeting other people and enjoying some fresh air! 4, 45-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 210347a | FRI | 4:15pm | 9/16-10/7   | \$25 |
| 210347b | FRI | 4:15pm | 10/21-11/11 | \$25 |

## Guitar Basics

**(Ages 12 & up)** If you are brand new to the guitar or would like a refresher, this course specializes in adult and youth beginners on acoustic guitar. You will learn about the instrument, how to play various chords, and get comfortable playing with others. 4, 60-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE  |
|---------|-----|--------|------------|------|
| 210300a | TUE | 7:00pm | 10/4-10/25 | \$50 |

## NEW Intermediate Guitar

**(Ages 12 & up)** Expand upon your basic knowledge and begin to learn more complex chords and notes to wow your friends and family, perform in school, rock a house show, or just be able to play along with your favorite artists! 4, 60-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE  |
|---------|-----|--------|------------|------|
| 210301a | TUE | 7:00pm | 11/8-11/29 | \$50 |

## Chess

**(Ages 5-12)** Learn chess from professional instructors of Silver Knights Chess Company. Lessons range from learning the rules to advanced tournament strategies. Students are paired against opponents with similar skills for games and have the opportunity to play in local, state, and national tournaments. Class meets at OIWPB. No class 10/31. 8, 60-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 210345a | MON | 5:30pm | 10/17-12/12 | \$119 |



## September 11th Observance Sunday, September 11th, 5:00pm

This annual observance commemorates the tragic events and the lives lost throughout the United States on September 11, 2001. A memorial ceremony will be held at 5:00pm on the Town Green (25 W. Market St).

All are welcome to visit the Freedom Memorial, located at Freedom Park (off Tolbert Lane at Evergreen Mill Rd) throughout the day. The park will be open to the public 7:30am until 9:00pm on September 11th.

SPECIALTY CLASSES  
703-777-1368



# dog training

sit • stay • down • come • and more

DOG TRAINING CLASSES

703-777-1368

## Puppy Preschool

**(Ages 10 & up)** Learn how to become a responsible dog owner and how to get a puppy started on the right paw. Focusing on a positive training methodology as well as general care of your dog, class will cover common problems such as housebreaking, chewing, jumping up on people, and mouthing. This class will lay the foundation for your puppy to begin to learn. Class is open to puppies less than four months old on the first day of class. Minors must be accompanied by a parent. All dogs are required to be registered and up to date on all vaccinations. Please bring verification to first session. Class meets at OIWPB. 6, 45-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 210380a | SAT | 2:30pm | 9/24-10/29 | \$100 |



## Training for the Family Dog - Basic

**(Ages 10 & up)** Learn how to train your dog and how a dog learns. The class will focus on a positive training methodology to teach such basics as sit, stay, down, come, and walking on a loose leash. This class is open to all dogs at least four months old. Minors must be accompanied by a parent. All dogs are required to be registered and up to date on all vaccinations. Please bring verification to first session. Class meets at OIWPB. 6, 45-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 210382a | SAT | 3:30pm | 9/24-10/29 | \$100 |



## Training for the Family Dog - Intermediate

**(Ages 10 & up)** The focus of this class is still on a positive training methodology. We will work on developing more reliability by incorporating distance, distraction, and duration with sit, stay, down, come, and walking on a loose leash. **Prerequisite:** Training for the Family Dog – Basic or equivalent. Minors must be accompanied by a parent. All dogs are required to be registered and up to date on all vaccinations. Please bring verification to first session. Class meets at OIWPB. 6, 45-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 210383a | SAT | 4:30pm | 9/24-10/29 | \$100 |



## Dog Tricks

**(Ages 10 & up)** Tricks are a great way to improve training skills while having fun and building a strong relationship with your dog. The class teaches you how to encourage some playful dog tricks using props and interactive games that you can use at home. Using positive training methodology you will learn two new tricks a week such as: roll over, high five, take a bow, and many more. **Prerequisite:** This class is for dogs 6 months and older that have successfully completed Training for the Family Dog – Basic or Intermediate, or equivalent. Minors must be accompanied by a parent. All dogs are required to be registered and up to date on all vaccinations. Please bring verification to first session. Class meets at OIWPB. 6, 45-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 210381a | SAT | 5:30pm | 9/24-10/29 | \$100 |



## Private Training for the Family Dog

**(Ages 10 & up)** Good training strengthens a dog's bond with his or her owner. The instructor, utilizing knowledge from training family dogs to show dogs, will tailor lessons to your situation so that your dog becomes both a good teammate and a well-behaved member of the family. Please fill out a Private Training Request Form online at [www.idalee.org](http://www.idalee.org) and you will be contacted regarding payment and lesson time. Minors must be accompanied by a parent. All dogs are required to be registered and up to date on all vaccinations. Please bring verification to first session.

| LESSON               | FEE   |
|----------------------|-------|
| 1, 30-minute lesson  | \$45  |
| 4, 30-minute lessons | \$160 |
| 8, 30-minute lessons | \$300 |



Visit this fun and attractive park!  
Join other dogs and their owners to enjoy over 25,000 square feet of enclosed space in an attractive wooded setting. Includes a separate area for small dogs.

**Open daily dawn to dusk**

**Olde Izaak Walton Park**

850 Davis Court, S.E. • Leesburg, VA

**703-777-1368**

This symbol indicates classes meet at  
**Olde Izaak Walton Park Building (OIWPB)**





# tots&toddlers



fundamentals • learning • fun

## Messes and Masterpieces



**(Ages 18 months-3 yrs)** Each week, toddlers and caregivers will participate in a variety of theme based activities. Stories, songs, and games go hand in hand with a variety of painting, glitter, glue, and other craft items. Our focus is on experiencing the artistic process, not the end product. Class meets at OIWPB. No class 11/26. 6, 30-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 211100a | SAT | 9:00am | 9/10-10/15  | \$50 |
| 211100b | SAT | 9:00am | 10/29-12/10 | \$50 |

## Tykes Playskool



**(Ages 2-4 yrs)** Children love this loosely structured class designed to enhance their gross motor skills and accustom them to group settings with parent involvement. Cooperative games and songs make learning fun. Class meets at OIWPB. 4, 40-minute classes/\*\*3, 40-minute classes.

### (Ages 2-3 yrs)

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 220114a | FRI | 9:30am | 9/16-10/7   | \$40  |
| 220114b | FRI | 9:30am | 10/21-11/11 | \$40  |
| 220114c | FRI | 9:30am | 12/2-12/16  | \$30* |

### (Ages 3-4 yrs)

| CODE    | DAY | TIME    | DATES       | FEE   |
|---------|-----|---------|-------------|-------|
| 220115a | FRI | 10:30am | 9/16-10/7   | \$40  |
| 220115b | FRI | 10:30am | 10/21-11/11 | \$40  |
| 220115c | FRI | 10:30am | 12/2-12/16  | \$30* |

## Watch Me Grow



**(Ages 8 months-2 yrs)** Parents and children are welcome for this fun, interactive class. You will crawl or walk through tunnels, obstacles courses, play with a parachute, sing songs, blow bubbles, and much more. The class objective is to enhance your child's gross motor development and socialization skills in a no pressure, loosely structured setting. Class meets at OIWPB. 4, 30-minute classes.

### Crawlers (Minimum Age 8 months)

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 220100a | TUE | 9:30am | 9/13-10/4   | \$30 |
| 220100b | TUE | 9:30am | 10/18-11/8  | \$30 |
| 220100c | TUE | 9:30am | 11/22-12/13 | \$30 |

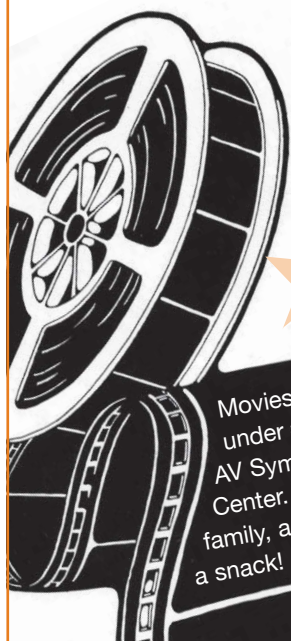
### Walkers (Maximum Age 2 yrs)

| CODE    | DAY | TIME    | DATES       | FEE  |
|---------|-----|---------|-------------|------|
| 220101a | TUE | 10:00am | 9/13-10/4   | \$30 |
| 220101b | TUE | 10:00am | 10/18-11/8  | \$30 |
| 220101c | TUE | 10:00am | 11/22-12/13 | \$30 |
| 220101d | WED | 10:45am | 9/14-10/5   | \$30 |
| 220101e | WED | 10:45am | 10/19-11/9  | \$30 |
| 220101f | WED | 10:45am | 11/23-12/14 | \$30 |



This symbol indicates classes meet at  
**Olde Izaak Walton Park Building**  
(OIWPB)

TOTS & TODDLERS CLASSES  
703-777-1368



## MOVIES in the PARK

**Catch a Classic with Your Kids  
this Summer at Ida Lee Park!**

Thursday, July 28: **Honey, I Shrunk the Kids**  
Thursday, August 25: **The Fox and the Hound**

Movies begin at dusk.  
Free Event open to all ages. [www.idalee.org](http://www.idalee.org)

**SAVE YOUR THURSDAY NIGHTS** for Ida Lee Park



# in the kitchen

homemade goodies

IN THE KITCHEN CLASSES  
703-777-1368

## Creative Cupcakes

**(Ages 7-13)** Create and bake cupcakes each week using a different themed recipe. Recipes will be tested and perfected – helping to build skills in the kitchen and the art of cupcake mastery. Participants are responsible for bringing an apron, a cookie sheet, and containers to carry any baked items home. Please bring any unique, creative, or even your favorite cupcake and/or icing recipe to share at the first class. 5, 2 ½-hour classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 210124a | MON | 6:00pm | 9/26-10/24 | \$100 |

## Family Feasting

**(Ages 2-5)** From setting the table to cleaning up, be prepared to be hands-on with your children as they learn how to prepare 4 basic breakfast meals. Come hungry, you will be sure to work up an appetite as your children whip up these delicious meals. Please bring an apron or cover-up for you and your child. 4, 45-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE  |
|---------|-----|--------|------------|------|
| 210131a | WED | 9:15am | 10/5-10/26 | \$60 |
| 210131b | WED | 9:15am | 11/9-11/30 | \$60 |

## A Taste of Italy

**(Ages 6-16)** Bon Appetito! From spaghetti to linguini, enjoy making fresh, homemade pasta. Learn how fresh pasta cooks quickly and savor the flavors. No class 11/23. 5, 90-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 210132a | WED | 5:45pm | 10/5-11/2   | \$85 |
| 210132b | WED | 5:45pm | 11/16-12/21 | \$85 |

## Cookie Creations

**(Ages 2-5)** Bring your imaginations and creativity for this fun and delicious class! Please bring an apron and a container to take home your edible art. Parent/Guardian involvement required. 1, 45-minute classes.

### All The Fall Colors!

| CODE    | DAY | TIME   | DATE | FEE  |
|---------|-----|--------|------|------|
| 210130a | THU | 9:15am | 9/15 | \$10 |

### Ghosts And Ghouls!

| CODE    | DAY | TIME   | DATE  | FEE  |
|---------|-----|--------|-------|------|
| 210130b | THU | 9:15am | 10/20 | \$10 |

### Tis The Season!

| CODE    | DAY | TIME   | DATE | FEE  |
|---------|-----|--------|------|------|
| 210130c | THU | 9:15am | 12/1 | \$10 |

## Halloween Marsh-Monsters

**(Ages 3-6)** Come create some scary yummy treats to get you ready for a haunting good Halloween! 1, 60-minute class.

| CODE    | DAY | TIME   | DATE  | FEE  |
|---------|-----|--------|-------|------|
| 210128a | THU | 9:30am | 10/27 | \$10 |

## Edible Masterpieces

**(Ages 6-12)** Every recipe is a creation, every creation is an adventure! Create edible art with easy recipes for children. Great for beginning chefs. 4, 75-minute classes.

### (Ages 6-9)

| CODE    | DAY | TIME   | DATES    | FEE  |
|---------|-----|--------|----------|------|
| 210136a | THU | 4:00pm | 9/8-9/29 | \$75 |

### (Ages 10-12)

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 210136b | THU | 4:00pm | 10/20-11/10 | \$75 |

## Junior Master Chefs

**(Ages 8-18)** Learn to cook like a master chef making delicious meals using fresh ingredients. This class will create recipes from scratch. Students will learn how to chop, dice, and mince fresh herbs and veggies. This is a great way to expand their palettes and try new flavors. No class 11/24. 5, 90-minute classes/  
\*4, 90-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 210134a | THU | 5:45pm | 10/6-11/3   | \$100 |
| 210134b | THU | 5:45pm | 11/17-12/15 | \$75* |

The Town of Leesburg's



See page 40 for details.



# arts&crafts



imagination & fun for kids at Ida Lee

## kidsarts&crafts

### Budding Artists

**(Ages 4-6)** Young artists will be introduced to the five basic elements of drawing, discover the fun of colors, and use their imagination to create pictures. Bring a drawing tablet to class. 4, 45-minute classes/  
\*2, 45-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 211116a | SAT | 1:00pm | 9/17-10/8   | \$50  |
| 211116b | SAT | 1:00pm | 10/15-11/5  | \$50  |
| 211116c | SAT | 1:00pm | 11/12-11/19 | \$25* |
| 211116d | SAT | 1:00pm | 12/10-12/17 | \$25* |

### NEW Nature Art!

**(Ages 6-10)** Join us as we venture into nature at Potomac Crossing Park to create awesome works of art out of organic items found around the trail! 5, 75-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 210208a | TUE | 4:00pm | 9/13-10/11  | \$50 |
| 210208b | TUE | 4:00pm | 10/18-11/15 | \$50 |

### Crafty Young Artists

**(Ages 3-7)** Let your creativity and imagination grow with acrylic and watercolor paints. Add a dab of glue and a pinch of salt to create your very own art project. Painting and crafting has a whole new look! 5, 60-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE  |
|---------|-----|---------|------------|------|
| 211140a | WED | 10:30am | 9/28-10/26 | \$40 |
| 211140b | WED | 10:30am | 11/9-12/7  | \$40 |

### Painting with Acrylics: Expanding Skills and Knowledge

**(Ages 6-14)** Come discover the colors of Fall in this fun, creative painting class that caters to the level of each student to complete works of art. Drawing skills and art history will also be explored. The instructor will provide a supply list prior to the first class. No class 11/24. 6, 75-minute classes/\*5, 75-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 211305a | THU | 4:00pm | 9/29-11/3   | \$60  |
| 211305b | THU | 4:00pm | 11/17-12/22 | \$50* |

## science & nature



### Astronomy 101

**(Ages 8 & up, with parent)** Constellations, planets, and moons can be seen in the Fall sky. This class will introduce you and your child to the basics of astronomy including commonly used terms, how to use a basic telescope, what stars are rising and setting, and the phases of the moon. Class time is split with indoor presentation followed by outdoor observation (weather permitting), so please dress appropriately. 1, 90-minute class.

| CODE    | DAY | TIME   | DATE  | FEE  |
|---------|-----|--------|-------|------|
| 210330a | FRI | 7:30pm | 9/9   | \$15 |
| 210330b | FRI | 7:00pm | 10/7  | \$15 |
| 210330c | FRI | 7:00pm | 11/11 | \$15 |

## Splish Splash Have Your Birthday Bash

at  
Ida Lee Park  
Recreation Center!

### PACKAGES INCLUDE:

1 1/2-Hour Room Rental

Pizza & Juice Boxes

Balloons

Set-up and Clean-up

• Unlimited Swimming

(Adult Chaperones Swim for Free)



Complete Birthday Party Packages Available

**STARTING AT \$250**

Contact our rental coordinator for more details  
rentalcoordinator@leesburgva.gov or call 703-737-2371

ARTS & CRAFTS CLASSES  
703-777-1368



# dance

all ages can learn to dance at Ida Lee

DANCE CLASSES  
703-777-1368

## youthdance

### Pre-Ballet

**(Ages 3-5)** This is an introductory course for tots interested in ballet. The class will simplify all movements to prepare your child to participate in Ballet I. Parents are invited to observe the last class. No class 11/26, 12/3. 6, 45-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE  |
|---------|-----|---------|-------------|------|
| 206100a | WED | 3:30pm  | 9/28-11/2   | \$65 |
| 206100b | WED | 3:30pm  | 11/16-12/21 | \$65 |
| 206100c | SAT | 9:00am  | 9/17-10/22  | \$65 |
| 206100d | SAT | 9:00am  | 10/29-12/17 | \$65 |
| 206100e | SAT | 10:00am | 9/17-10/22  | \$65 |
| 206100f | SAT | 10:00am | 10/29-12/17 | \$65 |

### Ballet I

**(Ages 5-6)** Children will learn the basics of formal ballet. Posture, positions, and style will be introduced and strengthened. Ballet is a fun way to teach your child the importance of daily physical activities. Children will be introduced to music rhythm and working basic technique. Parents are invited to observe the last class. No class 11/26, 12/3. 6, 45-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE  |
|---------|-----|---------|-------------|------|
| 206102a | WED | 4:30pm  | 9/28-11/2   | \$65 |
| 206102b | WED | 4:30pm  | 11/16-12/21 | \$65 |
| 206102c | SAT | 11:00am | 9/17-10/22  | \$65 |
| 206102d | SAT | 11:00am | 10/29-12/17 | \$65 |

### Jazz Mini Dancers

**(Ages 3-5)** This introductory class will focus on fundamentals of dance movement through exploration of direction, level, speed, and rhythm. Students will begin to understand movement concepts of isolation and coordination. They will learn basic jazz steps and simple combinations set to fun, upbeat, contemporary music in an age appropriate setting which focuses on fun and creativity. No class 11/24, 11/26, 12/3. 6, 45-minute classes.

| CODE    | DAY | TIME    | DATES       | FEE  |
|---------|-----|---------|-------------|------|
| 206174a | THU | 10:00am | 9/8-10/13   | \$65 |
| 206174b | THU | 10:00am | 10/20-12/1  | \$65 |
| 206174c | SAT | 12:00pm | 9/17-10/22  | \$65 |
| 206174d | SAT | 12:00pm | 10/29-12/17 | \$65 |

### Dance & Play

**(Ages 3-5)** This class mixes creative dance activities with fun games and is designed to help pre-school age children with developing their motor skills, balance, and rhythm in a fun and highly interactive environment. No class 11/24. 6, 45-minute classes.

| CODE    | DAY | TIME    | DATES      | FEE  |
|---------|-----|---------|------------|------|
| 206171a | THU | 11:00am | 9/8-10/13  | \$65 |
| 206171b | THU | 11:00am | 10/20-12/1 | \$65 |

### Teen Ballet Basics

**(Ages 13-18)** For teens who have always wanted to take ballet, but never had the chance and students who want to improve technique. Ballet is great training for gymnasts, color guard, preparing for the school musical, and more. Performance opportunities may be available, but are not mandatory for registrants. No class 11/23, 12/28. 6, 50-minute classes/\*5, 50-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 206176a | WED | 6:00pm | 9/7-10/12   | \$65  |
| 206176b | WED | 6:00pm | 10/19-11/30 | \$65  |
| 206176c | WED | 6:00pm | 12/7-1/11   | \$55* |

### new Intermediate Teen Ballet

**(Ages 13-18)** This class continues on from the teachings in the basic class and begins to incorporate more advanced techniques and styles. Performance opportunities may be available, but are not mandatory for registrants. No class 12/27. 6, 50-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 206180a | TUE | 6:10pm | 9/6-10/11   | \$65 |
| 206180b | TUE | 6:10pm | 10/18-11/22 | \$65 |
| 206180c | TUE | 6:10pm | 11/29-1/10  | \$65 |

## Private Lessons

### Private Dance Lessons

**(Ages 18 & up)** Private lessons are available through Ida Lee Park Recreation Center. Whether it's for an upcoming wedding, dance, a special party, or just because you have always wanted to learn, now is your chance! Private lessons allow for specialized, individualized lessons based on your needs and schedule. Students will be placed on a waitlist and contacted regarding availability and type of dance preferred. Please fill out a Private Dance Lesson Request Form at [www.idalee.org](http://www.idalee.org) and you will be contacted regarding payment and lesson time.

| LESSON                | FEE                    |
|-----------------------|------------------------|
| 1, 60-minute lesson   | \$50/single or couple  |
| 5, 60-minute lessons  | \$235/single or couple |
| 10, 60-minute lessons | \$450/single or couple |

UNLIMITED CHILD CARE PASSES  
UNLIMITED CHILD CARE PASSES

SEE PAGE 15 FOR DETAILS



# adulthood

## Contemporary/Modern Dance

(Ages 18 & up) This technique class offers barre and floor exercises in a variety of contemporary/modern styles. Complete dances and improvisation will also be introduced. Open to all levels. Performance opportunities may be available, but not mandatory for registrants. No class 12/26. 6, 50-minute classes/ \*5, 50-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 206175a | MON | 6:00pm | 9/12-10/17  | \$65  |
| 206175b | MON | 6:00pm | 10/24-11/28 | \$65  |
| 206175c | MON | 6:00pm | 12/5-1/9    | \$55* |

## Intermediate/Advanced Ballet for Adults

(Ages 18 & up) A great way to stay limber and to strengthen muscles and posture. Designed for the intermediate level, but all are welcome. No class 12/27, 12/28. 6, 50-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE  |
|---------|-----|--------|-------------|------|
| 206177a | TUE | 7:00pm | 9/6-10/11   | \$65 |
| 206177b | TUE | 7:00pm | 10/18-11/22 | \$65 |
| 206177c | TUE | 7:00pm | 11/29-1/10  | \$65 |
| 206177d | WED | 9:00am | 9/7-10/12   | \$65 |
| 206177e | WED | 9:00am | 10/19-11/23 | \$65 |
| 206177e | WED | 9:00am | 11/30-1/11  | \$65 |

## Intermediate Ballet for Adults

(Ages 18 & up) This intermediate class is a great way to build upon techniques learned in the beginners class and to add more to the routine that helps you stay limber while strengthening your muscles and posture. No class 11/23, 12/28. 6, 50-minute classes/\*5, 50-minute classes.

| CODE    | DAY | TIME   | DATES       | FEE   |
|---------|-----|--------|-------------|-------|
| 206172a | WED | 7:00pm | 9/7-10/12   | \$65  |
| 206172b | WED | 7:00pm | 10/19-11/30 | \$65  |
| 206172c | WED | 7:00pm | 12/7-1/11   | \$55* |

## Beginner Ballet for Adults

(Ages 18 & up) This beginning class is a great way to stay limber and to strengthen muscles and posture. No class 11/24, 12/29. 6, 50-minute classes/ \*5, 50-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 206178a | THU | 6:00pm | 9/8-10/13  | \$65  |
| 206178b | THU | 6:00pm | 10/20-12/1 | \$65  |
| 206178c | THU | 6:00pm | 12/8-1/12  | \$55* |

## Ballroom 101

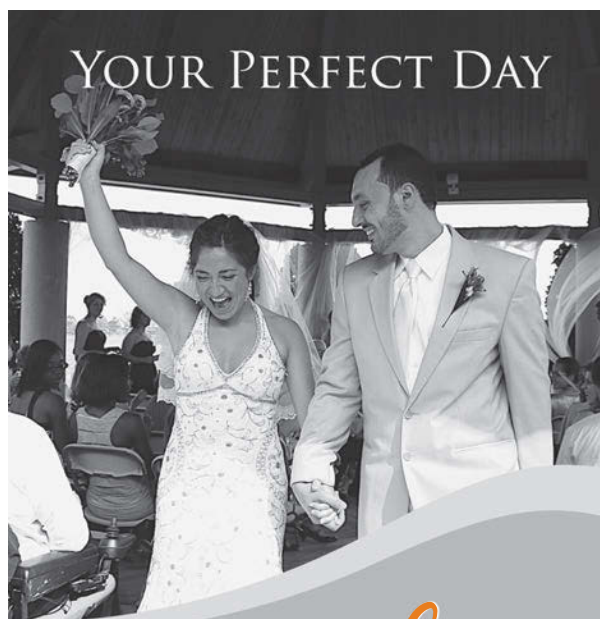
(Ages 18 & up) Learn the basic movements of ballroom dancing, including waltz, tango, mambo/cha cha through simple figures, sequences, and methods of leading and following. Expect to do some mixers, perhaps a few historical/novelty dances as well. No need for a partner. This is a great class to take with a mixed group of friends! 8, 50-minute classes/ \*7, 50-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE   |
|---------|-----|--------|------------|-------|
| 206272a | SUN | 5:00pm | 9/11-10/30 | \$85  |
| 206272b | SUN | 5:00pm | 11/6-12/18 | \$75* |

## NEW Around the World Folk Dancing

(Ages 18 & up) This class is intended for all ages and will cover both traditional ethnic dance as well as newer iterations that stem from easy folk patterns. The class will be conducted according to the interests of those who sign up, with focus on dances from their ethnic background and diverse levels of experience and ability. Come prepared with a smile with room for expansion. No partners required. 7, 50-minute classes.

| CODE    | DAY | TIME   | DATES      | FEE  |
|---------|-----|--------|------------|------|
| 206260a | MON | 5:00pm | 9/12-10/24 | \$75 |
| 206260b | MON | 5:00pm | 11/7-12/19 | \$75 |



YOUR PERFECT DAY

AN IDA LEE  
*Wedding*  
IDA LEE

Planning a business meeting,  
a family reunion, a wedding,  
a wedding reception, or  
other group function?

### WE CAN ACCOMMODATE YOUR NEEDS!

Ida Lee has a variety of meeting and banquet spaces to meet your special event needs. Our facility features rooms that can accommodate up to 175 people for a seated banquet. Our lower level has over 3,000 sq. ft. of meeting space, an outdoor patio, and a full service warming/catering kitchen.

703-737-2371 or  
rentalcoordinator@leesburgva.gov

DANCE CLASSES  
703-777-1368



# specialty programs

explore • create • imagine

SPECIALTY PROGRAMS  
703-777-1368

We offer a variety of classes that are contracted through private vendors. Because of this, registration payment is split between the two parties. We collect our part of the fee when you register for the class, but the vendor still needs to receive their portion of the fee to complete the process. Ideally, this should be done at the same time that registration with us is completed. However, some vendors collect their portion the first day of class. Since there are differences in vendor preference, we note at the end of each class description what is necessary to complete registration.

## Mini Artists by Abrakadoodle®

**(Ages 3-5)** The Abrakadoodle art experience engages children with multi-media art lessons that will inspire your child's imagination. Children explore shapes, color, and textures by using different materials and tools to create imaginative art work. Students will create and bring home a new piece of artwork each week. **This is a contracted program. A provider fee is due upon enrollment – please complete enrollment online at [www.abrakadoodle.com/va-loudoun-county-register](http://www.abrakadoodle.com/va-loudoun-county-register).** No class 10/10. 6, 45-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 211142a      | MON | 3:30pm | 9/12-10/24 | \$36 |
| 211142a      | MON | 3:30pm | 11/7-12/12 | \$36 |
| Provider Fee |     |        |            | \$84 |

## NEW Twoosy Doodlers by Abrakadoodle®

**(Ages 20 months-3 years)** Our young artists get the chance to explore different art materials such as paints, modeling compounds, and other art materials. They roll, scribble, shake, and pound as they learn about color, shape, and form, while developing hand-eye coordination and fine motor skills that they will need later in school. Students will create and bring home a new piece of artwork each week. Parent supervision is required. **This is a contracted program.**

**A provider fee is due upon enrollment – please complete enrollment online at [www.abrakadoodle.com/va-loudoun-county-register](http://www.abrakadoodle.com/va-loudoun-county-register).** No class 10/10. 6, 45-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 210306a      | MON | 9:30am | 9/12-10/24 | \$36 |
| 210306b      | MON | 9:30am | 11/7-12/12 | \$36 |
| Provider Fee |     |        |            | \$84 |

## Little Scholars: Builders

**(Ages 3-6)** Calling all inventors, creators, builders, and designers...come and build some awesome creations with us! We will create our own designs and make structures using Legos, recyclable materials, and many other interesting items. Skills gained: communication, problem solving, reasoning, developing creativity, and team work. Must be potty trained. **This is a contracted program. A provider fee is due to the instructor the first day of class. Please make checks payable to Little Scholars.** No class 10/31. 8, 60-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 243302a      | MON | 4:30pm | 10/3-11/28 | \$35 |
| Provider Fee |     |        |            | \$96 |

## Young Rembrandts™ Drawing



**(Ages 6-12)** Students learn and develop drawing skills and art appreciation through our open-ended approach to drawing. We use stepwise instruction to inspire students' independent drawings, including seasonal, realistic, and abstract images. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to provide children with the skills and confidence to create fun and rewarding artwork in and out of our class. **This is a contracted program. A provider fee is due upon enrollment – please complete enrollment online at [www.youngrembrandts.com/loudounfairfax-va](http://www.youngrembrandts.com/loudounfairfax-va).** Class meets at OIWPB. 5, 90-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE     |
|--------------|-----|--------|------------|---------|
| 243276a      | WED | 6:30pm | 9/21-10/19 | \$37.50 |
| Provider fee |     |        |            | \$86.25 |

## Young Rembrandts™ Explores: Master Artists



**(Ages 6-12)** Young artists are inspired by the Master artists, to create their own works of art. We use markers, color pencil, and pastels to practice different techniques and styles. Impressionism, Expressionism, Cubism, and Fauvism are some of the art styles we explore in our weekly homage to the Masters. **This is a contracted program. A provider fee is due upon enrollment – please complete enrollment online at [www.youngrembrandts.com/loudounfairfax-va](http://www.youngrembrandts.com/loudounfairfax-va).** Class meets at OIWPB. No class 11/23. 5, 90-minute classes.

| CODE         | DAY | TIME   | DATES       | FEE     |
|--------------|-----|--------|-------------|---------|
| 243275a      | WED | 6:30pm | 10/26-11/30 | \$37.50 |
| Provider fee |     |        |             | \$86.25 |

## Little Scholars: Dino Discovery

**(Ages 3-6)** Do you know which dinosaur was nicknamed "long neck?" Join us for a colossal journey into the world of dinosaurs. Build a dinosaur replica and have an archeological dig just like a real paleontologist. In Dino Discovery, you will have a swamp stomping good time! Participants must be potty trained. **This is a contracted program. A provider fee is due to the instructor the first day of class. Please make checks payable to Little Scholars.** 8, 60-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 243303a      | TUE | 1:00pm | 10/4-11/22 | \$35 |
| Provider Fee |     |        |            | \$96 |



## Young Rembrandts™ Learn to Draw



**(Ages 3-5)** Preschoolers learn drawing skills, develop kindergarten readiness and create fun, rewarding works of art. Our teachers use familiar images, stepwise instruction, and positive direction to encourage preschoolers' independent drawings. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to guide our young artists' development of motor and cognitive skills in a fun, creative environment. **This is a contracted program.**

**A provider fee is due upon enrollment – please complete enrollment online at**

**[www.youngrembrandts.com/loudounfairfax-va](http://www.youngrembrandts.com/loudounfairfax-va).**

Class meets at OIWPB. No class 11/23. 5, 45-minute classes.

| CODE         | DAY | TIME    | DATES       | FEE     |
|--------------|-----|---------|-------------|---------|
| 243278a      | WED | 10:00am | 9/21-10/19  | \$25    |
| 243278b      | WED | 10:00am | 10/26-11/30 | \$25    |
| Provider fee |     |         |             | \$57.50 |

## NEW Engineering with Little Bits

**(Ages 5-9)** This class will introduce younger students to basic electronics including input/output through hands-on learning and projects. Kids combine everyday supplies and color-coded modules that utilize LED lights, fans, sliders, pressure sensors, and more! Students work together in small teams in order to create different projects such as custom flashlights, touch sensors, alarm clocks, and more! Have you ever wanted to learn about the science behind how some machines work? **This is a contracted program. A provider fee is due to the instructor before the first day of class – call 703-729-0985 to make payment.** 6, 60-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 210379a      | SUN | 1:00pm | 9/18-10/23 | \$40 |
| Provider Fee |     |        |            | \$95 |

## NEW 3D Character Modeling & Sculpting

**(Ages 10-14)** In this class students will learn how to digitally sculpt characters in a 3D space! Using a software called Sculpttris, a pick up-and-go type of software, students will learn how to draw, develop, and sculpt their character and objects using a tablet and drawing stylus. Is your child interested in learning how 3D characters in games and movies are made? This is a great class to take! Prerequisite Tools: Students MUST bring their own sketchbook (Standard 8x10). Please email [info@c3cyberclub.com](mailto:info@c3cyberclub.com) for details. **This is a contracted program. A provider fee is due to the instructor before the first day of class – call 703-729-0985 to make payment.** 6, 60-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 210365a      | SUN | 2:15pm | 9/18-10/23 | \$40 |
| Provider Fee |     |        |            | \$95 |

This symbol indicates classes meet at  
(OIWPB)

**Olde Izaak Walton  
Park Building!**



## NEW Beginning Game Design & Production

**(Ages 6-10)** This special class is specifically designed for younger children to cultivate their interest to become game designers, multimedia artists, engineers, programmers, and more! Give your child the opportunity to see how professional games are made. In this exciting class, children will use basic 3D geometry to create their very own video game level. Students will create puzzles and challenges using jump pads, elevators, lava, and more! Acquire computer skills, mathematics, creativity, and basic problem solving skills. Looking for a way to introduce your child to the wonderful world of video game design? This is a great place to start! **This is a contracted program. A provider fee is due to the instructor before the first day of class – call 703-729-0985 to make payment.** 6, 60-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 210376a      | SAT | 9:00am | 9/17-10/22 | \$40 |
| Provider Fee |     |        |            | \$95 |

## NEW Advanced Game Design & Production

**(Ages 10-14)** Aspiring game designers will love this class as they have the chance to learn how to utilize the industry-standard game design software Unreal® Editor, among other software, used to create games such as Batman: Arkham Asylum® and Mass Effect 3®. Students will learn how to create exterior environments and apply different procedures of modeling and texturing. Students create their own outdoor terrain using advanced tools such as terrain sculpting, particle creation, and dynamic lighting. Learn how to import pre-set 3D models, control dynamic lighting, and add interactive vehicles and weapons. Learn how to use the same tools video game developers are using today! **This is a contracted program. A provider fee is due to the instructor before the first day of class – call 703-729-0985 to make payment.** 6, 60-minute classes.

| CODE         | DAY | TIME    | DATES      | FEE  |
|--------------|-----|---------|------------|------|
| 210377a      | SAT | 10:15am | 9/17-10/22 | \$40 |
| Provider Fee |     |         |            | \$95 |

## Little Scholars: Science Exploratorium

**(Ages 3-6)** Did you know that science and art are related? Come discover, experiment, and create as we learn about the colliding worlds of art and science in this STEM-based class. We will examine the fundamentals of chemistry by watching colors ignite a canvas and practice the principles of physics by designing creative inventions with pulleys and levers. Put on your lab coat and pull out your paintbrush as we dive into the art of science! Must be potty trained. **This is a contracted program. A provider fee is due to the instructor the first day of class. Please make checks payable to Little Scholars.** 8, 60-minute classes.

| CODE         | DAY | TIME   | DATES      | FEE  |
|--------------|-----|--------|------------|------|
| 244304a      | TUE | 4:00pm | 10/4-11/22 | \$35 |
| Provider Fee |     |        |            | \$96 |



**Find Us on Facebook *Ida Lee Park***

SPECIALTY PROGRAMS  
703-777-1368

# special events

fun for all ages

SPECIAL EVENTS  
703-777-1368

## Grandparents Tea Party

**(Ages 3-8)** Sip your way into the fine world of tea. Come with your grandmother, grandfather, or both to tea at Ida Lee. Our tea party will feature crafts, a story, teeny tiny sandwiches, and of course some wonderful teas!

| CODE    | DAY | TIME    | DATE                                  | FEE  |
|---------|-----|---------|---------------------------------------|------|
| 210118a | THU | 11:00am | 9/29<br>(Parent guardian/child)       | \$20 |
| 210118b | THU | 11:00am | 9/29<br>(per additional registration) | \$10 |

## Monster Bash

**(Ages up to 8, with parent or guardian)** Bring your little ghosts and goblins to Ida Lee's Halloween Party! We will have games, snacks, and entertainment provided by Tracey Eldridge's Music 'N' Motion! Be sure to wear your costume and register early, as space is limited. 1, 90-minute event.

| CODE    | DAY | TIME   | DATE  | FEE                |
|---------|-----|--------|-------|--------------------|
| 211124a | FRI | 6:30pm | 10/28 | \$12               |
| 211124b | FRI | 6:30pm | 10/28 | \$8<br>(2 & under) |

## Annual Dog Swim

Celebrate the end of the pool season with a dog swim at the AV Symington Aquatic Center. Pool will be open for dogs only to swim and play. Bring your own doggie dish for water. Dog handlers are limited to two dogs and must be 16 years or older. All dogs must be legally licensed and vaccinated and shall wear a visible dog license. Children ages 9 and under must stay in the snack area of the pool deck. Pre-registration recommended and payments will be accepted at the front gate. 1, 4-hour event.

| CODE    | DAY | TIME    | DATE | FEE |
|---------|-----|---------|------|-----|
| 210119a | SAT | 10:00am | 9/10 | \$5 |

## Rockin' with Rudolph and Friends!

**(Ages up to 8, with parent or guardian)** Bring your camera and dancing shoes! Santa will be on hand for picture opportunities and to hear wish lists. Then join Rudolph and Frosty as they rock out to holiday favorites and other kid's tunes while dancing the night away to the always rockin' tunes from Uncle Pete! Pre-registration is required for this event. 1, 90-minute event.

| CODE    | DAY | TIME   | DATE  | FEE                |
|---------|-----|--------|-------|--------------------|
| 207288a | FRI | 6:30pm | 12/16 | \$12               |
| 207288b | FRI | 6:30pm | 12/16 | \$8<br>(2 & under) |

## The Town of Leesburg's



in partnership with Loudoun Interfaith Relief

Race time is 9:00am and two races will be held: the 5K and a 1 Mile Fun Run. Registered 5K runners will receive a long-sleeved T-shirt at check-in and registered 1 Mile Fun Run runners will receive a commemorative medal following the race. Refreshments will follow both races. This race runs through a scenic cross country course where you will tour Ida Lee Park's 138 acres. No dogs, wagons, or baby strollers are allowed on the course due to uneven terrain.

The race will start and finish at the gazebo in the front field of Ida Lee Park. Please follow parking signs for the event; the parking lot can be accessed from North King Street not via Ida Lee Drive.

Prizes will be given out to the first, second, and third place male and female winners of the 5K run for each age category, as well as top overall male and female runners. Age categories are 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over. Register online at [www.prraces.com](http://www.prraces.com) or at Ida Lee Park Recreation Center. Pre-registration will be open until November 17th. After this date all additional runners must register at the gate beginning at 7:00am; race time is 9:00am.

Race fees are as follows: \$25 in advance, \$30 day-of for the 5K and \$10 in advance, \$15 day-of for 1 Mile Fun Run. All participants are asked to bring 2 canned goods or non-perishable items to donate to the Loudoun Interfaith Relief Food Bank.

Bib and shirt pick up will be available on Friday, November 18th. Check [www.idalee.org](http://www.idalee.org) for time and location.

### Pre-Registration

| CODE    | CATEGORY   | FEE                   | AGES     |
|---------|------------|-----------------------|----------|
| 229500a | 5K Run     | \$25 & 2 canned goods | all ages |
| 229520a | 1 Mile Run | \$10 & 2 canned goods | all ages |



# File Your Flight Plan



Barrel Rolls  
Nose Dives  
Flying Formations  
Military and Civilian Aircraft  
Classic Cars

**Saturday, September 24th**

**Leesburg Executive Airport • [www.leesburgairshow.com](http://www.leesburgairshow.com)**

*Washingtonian Magazine's  
Best Bet for Summer Concerts.  
The Washington Post "One of the  
Summer's best concert lineups."*

## Acoustic on the Green

The Town  
of Leesburg's  
Award Winning  
Summer Concert  
Series

**FREE**

Saturdays • 7 - 9 pm  
Town Hall Green  
25 West Market Street

Official Media Partner  
**LOUDOUNNOW**

Official Radio & Social Media Partner



The series is held on Saturday evenings at Leesburg's **Town Green at 25 West Market Street**, lawn chairs and blankets are advised. **No smoking or alcoholic beverages will be allowed and no pets, please.** Picnics are encouraged. **In case of inclement weather, the show will be moved inside the Town Office Building.**

July 16 Michael Sheppard  
July 23 Robbie Limon  
July 30 Cal Everett

August 6 Gary Smallwood  
August 13 Jon Carroll  
August 20 Mary Ann Redmond  
August 27 Jennifer Daniels

**SPECIAL EVENTS**  
703-777-1368



# Veterans Day Celebration

at George C. Marshall International Center at Dodona Manor



**Friday, November 11th, 2016 • 10:15am**

Join The George C. Marshall International Center, the Town of Leesburg, and Loudoun County on Friday, November 11, 2016 at 10:15 a.m. to honor our veterans of war for the patriotism and sacrifice.

This event is open to the community and includes members of the Virginia Army Reserve, the Virginia National Guard, the Virginia Defense Force, VFW units from across Northern Virginia, and the Vietnam Veterans Chapter 227.

Refreshments and free first floor tours of The Marshall's restored home are available after the event. Military and World War II era vehicles will be on display. Speakers to be announced.

RSVP is not required. For more information call 703-777-1301 or email [events@georgecmarshall.org](mailto:events@georgecmarshall.org). This event is rain (under tent) or shine.

## Holidays In Leesburg

**Christmas Tree and Menorah Lighting**  
**Friday, December 3rd, 6:00pm**  
 The ceremony will feature performances from local schools and a holiday message from Mayor. The crowd will be encouraged to join in on a holiday sing-a-long and view the lighting of the Christmas tree and menorah.

**Holiday Fine Arts and Crafts Show at Ida Lee Recreation Center**  
**December 3rd, 9:00am-4:00pm and December 4th, 10:00am-4:00pm**  
 This show features over 95 local and regional artisans selling hand-made items including candles, stained glass, carved wood, jewelry, leather products, table linens, and much more. Something for everyone on your list and a little something to brighten your home this season. Free Parking and Admission.

**Annual Christmas and Holiday Parade**  
**Saturday, December 10th, 6:00pm**  
 The parade will usher Santa and his friends down King Street, through Historic Leesburg. The parade will begin at Ida Lee Drive and end at Fairfax Street. Parade participation is open to the public.

**Jingle Jam**  
**Saturday, December 10th**  
 Jingle Jam and Jr. Jam, Leesburg's popular Holiday Rock n' Roll concerts, will be returning to Tally Ho. Tickets go on sale November 14th. See website for times, dates, and performers. [www.idalee.org](http://www.idalee.org)

The Town of Leesburg invites locals and visitors to enjoy "the most wonderful time of the year" and experience a little holiday magic in Historic Downtown Leesburg.



# visit the parks

## of Leesburg this Fall



### 1. Ida Lee Park

(138 Acres) located at 60 Ida Lee Drive, N.W. Recreation Center (indoor pools, gymnasium, fitness room, meeting rooms, racquetball courts, aerobic/dance, child-care, preschool, arts/crafts room, and social hall), soccer/lacrosse fields, concession/restrooms, 11-court tennis complex (4 indoor), outdoor aquatic center, playground, picnic shelter, community garden plots, tables, bandstand, and trails.

### 2. Rotary Park

(1 Acre) located at 22 North Street, N.E. Basketball court, playground, picnic tables, and benches.

### 3. Brandon Park

(3 Acres) located at 878 Harrison Street, S.E. Open space, picnic tables, and handicapped accessible playground.

### 4. Raflo Park

(3 Acres) located at 345 Harrison Street, S.E. Picnic tables, gazebo, and W&OD Trail access.

### 5. Foxridge Park

(9 Acres) located at 525 Catoctin Circle, S.W. Picnic shelter, restroom, tables, youth softball/soccer field, basketball court, playground, and W&OD Trail access.

### 6. Georgetown Park

(1/2 Acre) located at 221 South King Street. Picnic tables, benches, and W&OD Trail access.

### 7. Catoctin SkatePark

(1/2 Acre) located at 141 Catoctin Circle, S.E. Half pipes, quarter pipes, rails, ramps, and fun boxes.

### 8. Robinson Park

(10 Acres) located at 345 Plaza Street, N.E. Baseball field, multi-purpose field, and trail.

### 9. Carrvale Park

(4 Acres) located at 919 Marshall Street, N.E. Open space.

### 10. Greenway Park

(4 Acres) located at 103 Shade Tree Way, S.W. Playground, basketball court, picnic tables, benches, and nature trail.



### 11. Tuscarora Creek Park

(29 Acres) located at 425 Solitude Court, S.E. Picnic shelter, tables, playground, and W&OD Trail access.

### 12. Veterans Park at Balls Bluff

(86 Acres) located at 42314 Balls Bluff Road. Permanent access to be provided in the future. A master plan has been developed for proposed uses of the park.

### 13. Olde Izaak Walton Park

(21 Acres) located at 850 Davis Court, S.E. The park, once owned by the Izaak Walton League, includes a 3 1/2 acre pond, stream, trails, dog park, and a 7,500 square foot building.

### 14. Freedom Park

(20 Acres) located at 101 Colonel Grenata Circle, S.E. Two baseball fields, two softball fields, a football/soccer field, a field house with concessions, and a 9/11 Memorial Garden.

### 15. Edwards Landing Park

(32 Acres) located at 901 Powhatan Court, N.E. Picnic shelter, tables, nature trails, and Potomac Heritage Trail access.

### 16. Potomac Crossing Park

(8 Acres) located at 508 Shanks Evans Road, N.E. Picnic shelter, tables, playground, open space, and connecting trails.

### 17. Mervin Jackson Park

(1/5 Acre) located adjacent to the Town Parking Garage on Loudoun Street, S.W. Open space, benches, tables, and garden areas.

**FOR MORE INFORMATION ABOUT THE PARKS OF LEESBURG CALL:**

703.777.1368 or  
visit us on the web at  
[www.idalee.org](http://www.idalee.org)

PLAY IN OUR PARKS  
FOR AN HOUR, A DAY, OR A LIFETIME!





Two Time  
National  
Gold Medal  
Award  
Winner!

60 Ida Lee Dr., N.W.  
Leesburg, VA 20176

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#### RESIDENTIAL CUSTOMER LOCAL

You can view *Leesburg at Leisure* on-line at [www.idalee.org](http://www.idalee.org)

# IDA LEE RECREATION CENTER Fall Pass Sale

**15% OFF**  
6 Month & Annual Passes  
September 15 - October 15

**10% OFF**  
PERSONAL TRAINING  
See page 19 for details.

